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McKeever earns Paralympic gold

SKIING Visually impaired cross-country skier Brian McKeever has won Canada's first gold medal of the Paralympics.

He finished first in the men's 20-kilometre event yesterday in Whistler in 51 minutes 14.79 seconds.

The 30-year-old native of Canmore, Alta., qualified for the Canadian Olympic team and was poised to become the first winter sport athlete to compete in both Games. But the Vancouver Olympics ended in heart-break for McKeever after the Canadian coaching staff decided not to start him in his event.

McKeever has Stargaard's disease, a genetic disease that reduces his central vision. It's the fifth Paralympic gold for McKeever, who races with brother Robin as his guide.

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Celebrity Buzz pg 24

Emma's got a Latin lover



On the web

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AUS champions



Saint Mary's Huskies captain Marc Rancourt hoists the AUS men's hockey championship trophy after his team defeated the St. Francis Xavier X-Men 5-3 at the Halifax Forum last night. The Huskies swept the series 3-0. Story, page 14

Next step: Nationals

Snow removal may go \$4.5M over budget

ALEX BOUTILIER
for Metro Halifax

DEFICIT Despite a very warm winter, HRM is projecting a snow removal deficit in the millions.

The municipality has spent \$18.2 million so far this season on snow removal and road salting, according to winter works superintendent Gordon Hayward. That's \$3.1 million more than what HRM budgeted for.

"We're projecting a total deficit of \$4.5 million," said Hayward, adding \$2 million of that will be covered by reserve funds set aside in the budget.

Hayward said HRM intentionally budgets conservatively, recognizing any spending gap as corporate risk.

"Not to go so far as (to) say the program is underfunded," Hayward said. "They would budget low and then corporately recognize a risk, and do whatever has to be done in other areas to cover the deficit."

While the winter was mild and had few storms, Hayward said crews worked a number of days that may seem "unremarkable" to most.

"It was reasonably mild, and ... the statistics bear that out," Hayward said. "But still ... a lot of the snow that we had, particularly through December, was unremarkable."

"It costs more money to remove four- or five-centimetre snowfalls than one 20-cm snowfall."

Duffy criticizes King's for thinking critically

PAUL MCLEOD
paul.mcleod@metronews.ca

Throwing stones

Senator Mike Duffy has attacked the University of King's College and other Canadian journalism schools for exposing students to Noam Chomsky and critical thinking.

In a speech Saturday to Conservative party members in Amherst, Duffy reportedly slammed journalism programs for churning out leftist graduates.

"When I went to the school of hard knocks, we were told to be fair and balanced," Duffy was quoted from his speech in yesterday's issue of the Amherst Daily News. "That school doesn't exist any more. Kids who go to King's, or the other schools across

the country, are taught from two main texts."

According to Duffy — a former CTV News journalist appointed to the Senate last year by Prime Minister Stephen Harper — those two texts are Manufacturing Consent, Chomsky's book on mainstream media, and books about the theory of critical thinking.

"When you put critical

there in 1997.

"I think you need to come and see what people are doing before you throw stones," she said.

thinking together with Noam Chomsky, what you've got is a group of people who are taught from the ages of 18, 19 and 20 that what we stand for, private enterprise, a system that has generated more wealth for more people because people take risks and build businesses, is bad," Duffy is quoted as saying.

Duffy then told Conservatives they have nothing



Mike Duffy

to apologize for because most Canadians are not "on the fringe where these other people are."

Kim Kierans, head of the King's School of Journalism, was surprised to hear Duffy's comments.

She said Manufacturing Consent isn't part of the curriculum, though students do read some Chomsky.

She made no apologies for teaching critical thinking.

"We're trying to teach people to have critical thinking skills, to hold accountable anyone who is in any way in authority," she said. "It doesn't matter if it's the Conservatives, the NDP, the Green party, they're all fair game in the sense that they have to be able to be transparent."

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3

Local



Zappa plays pappa in July

Dweezil Zappa's homage to his father's music is coming to Halifax with a show at the Rebecca Cohn Auditorium on Tuesday, July 6 at 7:30 p.m. Presented by Gillett Entertainment Group, the Dweezil Zappa Plays Zappa show will see the son of Frank Zappa performing his father's music. Tickets go on sale Saturday at noon and cost \$74.50, \$59.50 or \$42.50, plus service charges. Tickets are available at the Dalhousie Arts Centre box office, online at artscentre.dal.ca or by phone at 494-3820.

METRO HALIFAX



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Man charged with breaking into five boats

CRIME An 18-year-old Dartmouth male has been charged in relation to five boats being broken into at the Armdale Yacht Club late last year.

Halifax Regional Police say the incidents took place overnight on Dec. 9 with property stolen from each of the boats.

The 18-year-old, who is facing five counts of breaking and entering, will appear in Halifax provincial court on April 20.

The arrest comes six weeks after police issued a warning to boat owners after a spree of robberies at local yacht clubs from November through January.

In a release issued yesterday, police remind owners that with boating season approaching, any valuables, specifically electronics, should be removed from the vehicle when not in use.

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What's online today.

Blogs Kenya Hunt checks in with 70s-inspired threads at Paris Fashion Week and Backbeat fearlessly lists the greatest singers of all time



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HRM studies Khyber's future

Five scenarios up for review before presentation to council

ALEX BOUTILIER
for Metro Halifax

The future of one of Halifax's most iconic arts and music venues is being examined by HRM staff.

A feasibility report on the Khyber, located at 1588 Barrington St., was released by the municipality yesterday. The report outlines five possible operating scenarios for the building, which will be examined by staff over the next four to six weeks. Staff recommendations will then be made to Halifax regional council.

Currently, HRM owns and operates the building while the Khyber Arts Society rents the second floor. Four of the possible scenarios maintain HRM ownership, with different possibilities for the building's operation. One scenario has KAS taking over ownership and operation.

But KAS chair Garry Kennedy doesn't think that is possible in the short term.

"That would be too much for us right now," said Kennedy, noting the report states it would cost approximately \$626,000 to bring the building up to code. "We just can't even dream about something like that."

Christine Lavoie of HRM's Culture and Her-



Pedestrians walk past the Khyber Building on Barrington Street yesterday.

itage Development acknowledges KAS doesn't have the capital to take over the building now. But she said the report also mentions "evolution of options" — meaning KAS could work within one scenario with an aim to another.

"We know that financial-

ly (KAS) can't do it right now," Lavoie said. "But it doesn't mean that they can't do it in the future ... Maybe the option isn't to pick A over B or C or D, maybe it's over a period of time it moves from a scenario to the next."

Whichever options are recommended to council,

Lavoie stresses the Khyber is integral to the social, cultural and economic revitalization of Barrington Street and the downtown core.

"It's like a springboard," she said. "It would have a huge effect. It would be full of ... people who are creative and want to see things moving."

Ditched car leads to impaired driving charges against man

MINEVILLE A 36-year-old man is facing charges of impaired driving and refusing to provide a blood sample after police say he drove his

vehicle into a ditch on Mineville Road.

Halifax RCMP say the man said he was driving on the road when he swerved

to miss two deer, lost control and wound up in the ditch. Police say he was the only person in the vehicle.

The man was taken to

hospital for treatment of non-life-threatening injuries. He was released from arrest and will appear in court at a later date.

METRO HALIFAX

Angry duo sought after road rage incident

PHILIP CROUCHER
philip.croucher@metronews.ca

HONDA CIVIC Police are searching for a road-raging couple after a driver of a vehicle was punched in the face by a passenger from another car.

Halifax RCMP say a 20-year-old man was driving his 2005 Ford Escape westbound on St. Margaret's Bay Road by Exit 2 near Highway 103 around 7 p.m. last Friday when a silver or gold newer-style Honda Civic came along on the merge lane.

Police say the female driver of the Civic ran out of room to merge in, pulled behind the Ford Escape and tailgated the vehicle.

The victim pulled over to let the car go by, say police, but the female driver stopped, got out and screamed at him to get out. The victim then allegedly saw a male passenger exit the vehicle, and headed towards him yelling.

Police say the victim did get out of his vehicle, but then went to get back in and drive away. That's when police allege the man came up and punched out the driver's side window and punched the victim in the face as he drove away.

"Incidents like this are few and far between, but we do get complaints of people honking their horns or gestures," said police spokesman Cpl. Joe Taplin. "It usually doesn't get to this level."

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A 32-year-old Cape Breton woman was airlifted to hospital in Halifax after the vehicle she was driving left Highway 28 and overturned around 10 p.m. Sunday in South Bar. Cape Breton Regional Police say the Jaws of Life were used to free the woman, who sustained serious injuries. **CAPE BRETON POST**

MLA spending probe unnecessary: Parties

PAUL MCLEOD
paul.mcleod@metronews.ca

The province's three provincial parties maintain a public inquiry into MLA spending is not necessary, despite recent developments.

When the expense scandal broke last month auditor general Jacques Lapointe found rules to be so loose they "enabled misuse" but didn't find anything illegal. All three parties vowed to fix the system but said an inquiry wasn't necessary.

Since then, Lapointe has kicked off a forensic audit into MLA abuses. Last Friday Liberal MLA Dave Wilson announced he had retained a lawyer and resigned his Glace Bay seat after being contacted by the auditor general's office.

Yesterday all three parties stood by their position a public inquiry into political spending wouldn't be helpful.

"If there are any further



"Everyone believes the system has been fixed by things being receipted and I don't see that. I still think there are major comments that have not been addressed."

Liberal Leader Stephen McNeil

problems (the audit) will bring those issues forward and they'll be dealt with," said Liberal Leader Stephen McNeil.

"What we need to do is allow the auditor to do his work. The auditor has the power to then refer anything that he might think is inappropriate to the police force for further investigation."

The scope of the auditor general's investigation only encompassed July 2006 to June 2009. The last look at MLA expenses was over 15 years ago. He also didn't investigate use of the up to \$48,000 per year in non-receiptable allowances.

While there is no paper trail, an inquiry could compel politicians to testify on

how they spent the money.

Earlier this month MLAs held the first public meeting of the Internal Economy Board and stripped away many of their perks. But McNeil said the rules around what should or should not be expensed are still unclear.

"Everyone believes the system has been fixed by things being receipted and I don't see that. I still think there are major comments that have not been addressed, he said.

"We haven't fixed the system. There's no guidelines now."

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Discovery Centre He's fired up



Science educator Chris McCain shoots off a fireball at the Discovery Centre yesterday. Hundreds of kids dropped by the Discovery Centre to see The Great Balls of Fire demonstration and other March Break activities.

Virus-like symptoms prompt unit closing

ALEX BOUTILIER
for Metro Halifax

HEALTH A nursing unit at the Halifax Infirmary has been temporarily closed to visitors after some patients and staff have fallen ill with norovirus-like symptoms.

Four patients and one staff member at Nursing Unit 4.1 are exhibiting symptoms of norovirus, also known as Norwalk virus.

Symptoms of the highly contagious virus include vomiting, diarrhea, nausea and stomach cramping. In serious cases the virus can be fatal, but Capital Health spokesman John Gillis said yesterday none of the reported incidents have been serious as of yet.

"(There have been) no serious illness here that I'm aware of," he said. "It's something that kind of comes and goes pretty quickly but it's unpleasant while you have it."

Last week, a nursing home in Musquodoboit Harbour closed its doors to visitors after a similar outbreak. According to Gillis, a total of 12 residents and 14 staff members at the Birches Nursing Home fell ill.

Gillis said it's unlikely the two outbreaks are directly connected.

"Norovirus circulates in the community, so in both instances it probably came into the facilities from ... people visiting," Gillis told Metro last week. "I don't think there's likely a connection between the two separate outbreaks."

For the time being, Capital Health is urging anyone who may be sick to stay away from hospitals and nursing homes for at least three days after the symptoms end.

Gillis is also recommending that the general public take measures to avoid infection, such as regular hand washing and staying home when you're sick.

News in brief

CONTRACT A government agency acted fairly when it awarded a tire recycling contract to a more expensive bidder, provincial staff have decided. The municipality of Guysborough was up in arms after their bid for the contract to recycle 900,000 tires annually was beat by a more expensive bid from Halifax C&D Recycling Ltd. Environment Minister Sterling Beliveau promised to have his staff review the decision by the Resource Recovery Fund Board. Staff determined the board's decision was appropriate, according to department spokesman Bruce Nunn. "They agreed the process they followed was fair and everything met the procurement standards," Nunn said. **PAUL MCLEOD/METRO HALIFAX**

ROBBERY Police say someone brandishing a weapon held up the Prince George Hotel in downtown Halifax early yesterday morning. Halifax Regional Police say a man armed with a weapon entered the hotel just after 3 a.m. and demanded money from the clerk. Police say he received an undisclosed amount of cash and fled the scene.

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Westmount fire deemed suspicious

A house fire Sunday night near Sydney has been deemed suspicious. The blaze was reported around 7:30 p.m. in Westmount with fire and police on scene. **CAPE BRETON POST**

local 5

Shooting probe was possible: Ex-watchdog

A former RCMP watchdog isn't accepting the force's argument that it was unable to launch a disciplinary review into the conduct of an officer who fatally shot a Nova Scotia man in his home in 2008.

The RCMP said it didn't carry out an internal review of Const. Jeremy Frenette in the shooting death of John Simon in Cape Breton because it couldn't urge another police agency to rush an external review.

Federal law requires the RCMP to start a disciplinary review within a year of an incident, but that time period had elapsed by the time it received a Halifax police report clearing Frenette of any criminal wrongdoing in Simon's death.

But Paul Kennedy, the former chairman of the RCMP complaints commission, said an internal review can

Inquiry denied

• John Simon's family and friends on the Wagsmatcook First Nation have accused the RCMP of mismanagement and called on the provincial government to hold an inquiry into the Dec. 2, 2008, shooting. But the government has ruled that out.

be carried out in such cases, even if investigators are looking into possible criminal charges.

"There is no reason that a parallel investigation cannot be commenced," he said in an email.

The Halifax Regional Police report concluded Frenette didn't violate any laws and shot the 44-year-old fisherman, who was allegedly drunk and suicidal, in self-defence after enter-

ing his home. The report quoted Frenette saying, "I felt he was gonna shoot me."

But that report also said Frenette contravened "established RCMP policy," and that his supervisor instructed him to stay out of Simon's house.

Kennedy said Frenette's failure to follow the staff sergeant's instructions should have prompted a disciplinary process to begin shortly after the incident.

He said some aspects of the disciplinary process could have been put on hold until the Halifax police ruled out criminal charges.

Kennedy also said the issue of internal reviews lapsing due to the one-year time limit is one that has been flagged in the past.

The RCMP did not return messages seeking comment. **THE CANADIAN PRESS**

Ship HMCS Athabaskan returning from Haiti



The HMCS Athabaskan leaves for Haiti in this file photo from January. The Athabaskan is scheduled to arrive home tomorrow morning after assisting in the relief effort in Haiti for the last eight weeks.

Charges pending following standoff with teenage boy

ARREST The RCMP surrounded a Salmon River home and paramedics were waiting nearby yesterday morning as officers negotiated with a young teenage boy. The incident started at 9:45 a.m. when Colchester County RCMP were called to a Spruce Drive home.

"He had a knife and was threatening his family and was causing some damage to property in the house," Sgt. Al Affleck alleged. Family members left the home without being injured, after which police started communicating with the youth.

"After negotiating with him for about 45 minutes, we arrested him without

any problem," Affleck said. He described the knife as a household knife.

By 10 a.m., eight police vehicles and an ambulance were parked on the street and nearby residents watched from a safe distance.

"Nobody knows exactly what is going on," said one man walking up the street.

Broken glass was spread across the road as remnants of some of the property damage.

Police continue to investigate, but say charges are pending for property damage, uttering threats and possession of a weapon dangerous to the public.

TRURO DAILY NEWS

Small fire breaks out at popular restaurant

BLAZE There was a small fire at the Sou'Wester Restaurant in Peggy's Cove during the lunch hour yesterday.

Halifax Regional Fire and Emergency Services spokesman Capt. Dave Meldrum said units were called to the popular tourist restaurant at noon to reports of a fire on the exterior of the building.

Meldrum said when firefighters arrived, staff members were able to extinguish the "very small" fire located at one corner.

There were no injuries and no one was evacuated from the restaurant.

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The Alcohol and Gaming Commission of Ontario is investigating allegations a Belleville, Ont., bar served an 18-year-old man who was later charged with murdering two people in nearby Mountain View. A spokesperson said the commission received information Dean Brown of Belleville was seen drinking at Matt and Joe's nightclub last Thursday night. **THE CANADIAN PRESS**

Bar allegedly served 18-year-old accused of murder

Canada



Calgary gorilla ponders escape

More monkey business at the Calgary Zoo Monday — involving a gorilla — has led to a zookeeper's suspension. The Calgary Zoo confirmed they suspended an "experienced" zookeeper for failing to properly secure the gorilla's outdoor exhibit that allowed seven-year-old Shana to leap from a pile of ice and onto the perimeter screen glass. Calgary zoo director of conservation Cathy Gaviller said the shy gorilla perched briefly atop the fence, but leapt back into the outdoor habitat when an employee spotted him. **METRO CALGARY**

Liberals propose cutting back on MP mailouts

POLITICS Those one-page MP mailouts that have been stuffing Canadian mail boxes — and blue boxes — while ruffling feathers in the House of Commons for the last two years are "essential to our democracy," a Conservative cabinet minister said yesterday.

Steven Fletcher, minister of state for democratic reform, was responding to a Liberal motion that would see MP mailing privileges restricted to their own ridings and could save taxpayers up to \$10 million each year.

The measure was part of a non-binding Opposition day motion in the Commons designed to roll back government advertising, travel, use of consultants and the size of the federal cabinet — all adding up to savings the Liberals claim would total more than \$1 billion annually.

But the most pointed debate centred on the most easily achievable of the proposed measures and the one that, arguably,

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Figures released by the Commons show that MP printing costs doubled from 2005 to 2009, hitting \$10 million last year when 38 of the top 40 spenders were Conservatives.

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Ten per cent — so named because MPs can send the taxpayer-funded flyers to distant voters in numbers equal to 10 per cent of their riding — have been arriving on Canadian doorsteps in dramatically increasing numbers since the Conservatives came to office in 2006.

THE CANADIAN PRESS



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Feds release emergency plan

The government has released an "all-hazards" national emergency response plan four months after it was chastised for not having one approved by cabinet.

The plan outlines the responsibilities departments and agencies have in national or provincial emergencies, as well as international ones that could affect Canada.

"It outlines the processes and mechanisms needed for an integrated response to an emergency," Public Safety Minister Vic Toews said yesterday.

"It's also designed to co-ordinate emergency response efforts by federal, provincial and territorial governments, as well as the private sector and NGOs. Most of all, it will help to ensure that the government's response to an emergency is seamless and timely and that key decisions can be made quickly when disaster strikes."

Largely logistical in nature, the plan touches on virtually every conceivable natural or man-made disaster, from toxic spills and plane or train crashes to earthquakes, deadly storms and pandemics.

It also addresses govern-



Emergency response personnel take place in a mock contamination drill as Public Safety Minister Vic Toews speaks in the background in Ottawa yesterday.

ment roles in tackling "cyber incidents" and terrorism — all in the name of

protecting lives, property, national security and the economy.

Emergencies

• Canada has endured wide-scale emergencies in recent years including the current flu pandemic, the 2003 SARS outbreak, numerous severe floods and the 1998 ice storm in Ontario and Quebec.

In November, Auditor General Sheila Fraser said Public Safety Canada — the agency responsible for co-ordinating the federal crisis response — had not completed an emergency blueprint, nor had it received formal blessing.

That was two years after Parliament gave the department the lead on crisis management.

Fraser said while there was a crisis-response framework on the books, more work was needed to ensure "an integrated, co-ordinated approach to emergencies."

The plan establishes liaison officers to serve as links between their departments and the government in emergencies, while representatives from non-governmental organizations and the private sector may also be called upon for expertise. **THE CANADIAN PRESS**

Snowmobilers against back-country regulation

DANGER Snowmobilers remain opposed to having their back-country fun regulated despite a weekend avalanche that killed two Alberta men and injured 31 others.

"We're not in favour of regulating the back country for users," Les Austin, executive director of the B.C. Snowmobile Federation, said yesterday. "There's all types of users out there and regulations require enforcement and all of that stuff. That would probably be a nightmare." B.C. is wide open when it comes to snowmobiles. Users don't require any kind of licence to drive,

Warnings issued

• The Canadian Avalanche Centre had issued warnings about extreme conditions for the area at the time of the competition.

there is no minimum age and no helmet requirement.

The machines don't have licence plates, only a one-time registration sticker that is not readily accessible to police through their computer systems, said Al Hodgson, president of the Association of B.C. Snowmobile Clubs.

Most other provinces

and U.S. states regulate snowmobilers and their sleds more strictly, he said.

The dead and injured were spectators or participants at the Big Iron Shoot-Out near Revelstoke late Saturday afternoon when a massive slide 10 metres high engulfed them.

Competitors were involved in something called "high-marking," where they race their high-performance machines up the mountainside to see who can reach the furthest.

Witnesses have suggested the few that were doing this on Saturday may have set loose the huge slab of snow. **THE CANADIAN PRESS**

Community groups squeezed by cuts to Internet program

FUNDING The Conservative government is quietly cutting funding to hundreds of community groups and even hospitals that provide free Internet access to Canadians who might not otherwise have a chance to get online.

Organizations that benefit from Industry Canada's 16-year-old Community Access Program received letters last week informing them that sites located within 25 kilometres of a public library would no longer be eligible for cash.

Groups, including employment and youth centres, ESL programs, libraries, and seniors groups, had been receiving between \$4,000 and \$5,000 a year to buy computers and hardware; to pay for technical support and skills training; and sometimes to pay connection bills. **THE CANADIAN PRESS**

News in brief

MONTREAL Riot cops squared off yesterday against hundreds of marauding protesters at an anti-police march. Demonstrators launched beer bottles at police and tossed firecrackers at officers' horses as they

made their way through the city's Hochelaga-Maisonneuve neighbourhood. Protesters said they were marking International Day Against Police Brutality, and protesting social and racial profiling by officers.

HEALTH A new web-based tool created by the McGill University Health Centre lets users create an online personal health record to help them manage their well-being via smartphone. **THE CANADIAN PRESS**

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Sienna meat recall not connected to listeria outbreak: Province

Ontario says it has ruled out a connection between the deaths of five people from listeriosis and recalled meat products from Sienna Foods. The Ministry of Health says there is no food consumption history or lab data supporting a link to the Sienna products. **THE CANADIAN PRESS**

Poverty fuelling native gangs, say RCMP

Aboriginal gangs are proliferating across Canada as criminal organizations exploit the intense poverty and squalid conditions that many First Nations youth live in, says a top of-

ficer with the RCMP's aboriginal police division.

The gangs' stock-in-trade includes drug distribution, prostitution and theft, and they're only getting more sophisticated, said the

RCMP.

"The gangs are brought on by poverty," said RCMP Sgt. Merle Carpenter, who holds the aboriginal gangs file with the National Aboriginal Policing Services.

"They intimidate by violence and these aboriginal youth are just wanting to belong to somebody."

While Winnipeg is still the epicentre for native gangs, outfits like the Indi-

an Posse, the Manitoba Warriors and the Native Syndicate have spread from coast to coast and into the far North. The gangs are growing through the country's network of jails,

which are acting as hot-houses for recruitment and learning the tricks of the trade. Many prisoners simply cannot survive jail life without the protection of a gang. **THE CANADIAN PRESS**

MPs oppose extradition of 'Prince of Pot'

JEFF HODSON
Metro Canada

MARIJUANA MPs representing three political parties stood in the House of Commons yesterday in support of "Prince of Pot" Marc Emery.

Ontario Tory Scott Reid with Vancouver MPs Libby Davies (NDP) and Ujjal Dosanjh (Liberal) together presented a 12,000-signature petition asking Canada's justice minister to refuse Emery's extradition.

The Vancouver marijuana activist faces five years in a U.S. prison after agreeing in September to a plea bargain for one count of conspiracy to manufacture marijuana.

Dosanjh, a former B.C. premier and attorney general, called Emery's possible extradition "inherently unfair."

"Countries don't usually extradite people to countries where they could face inordinate penalties," Dosanjh said.

Davies had a number of concerns about Emery's extradition and questioned what it meant for Canadian sovereignty.

"It's a question of upholding a Canadian position, for upholding our own laws for Canadian citizens," Davies said.

In Parliament, Reid noted that Health Canada used to refer medical marijuana patients to Emery's seed bank. He also said Canadian courts found that a \$200 fine was appropriate for selling seeds, as opposed to the possibility of life in prison in the U.S.

News in brief

DRIVING A medical journal says society must help seniors drive for as long as is safe, and help them cope when the time comes to give up their licences. The Canadian Medical Association Journal says the point isn't to get older drivers off the road, but to help identify those who need to stop driving and put in place systems to help them once they do. In an editorial, the journal says society should plan for driving retirement in the way it plans for job retirement. **THE CANADIAN PRESS**

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A Swiss watchmaker is hoping to raise a stink with an expensive timepiece made of dinosaur dung. Artya says the watch set in fossilized feces will sell for about \$12,000. **THE ASSOCIATED PRESS**

World



Brown steps into labour battle

British Prime Minister Gordon Brown waded into the acrimonious dispute between British Airways PLC and its cabin crew yesterday, calling a planned strike "deplorable" and risking a major fallout with key union backers ahead of upcoming general elections. Brown's rare direct intervention in an industrial matter comes with the governing Labour party currently lagging in the polls behind the main opposition Conservative party ahead of an election that must be held by June 3. **THE ASSOCIATED PRESS**

U.S. steps up heat on Israeli construction

The Obama administration is demanding that Israel call off a contentious building project in east Jerusalem and make a public gesture toward the Palestinians to help defuse one of the worst U.S.-Israeli feuds in memory, officials on both sides said yesterday.

But Prime Minister Benjamin Netanyahu showed little sign of yielding, saying Jewish construction in east Jerusalem "in no way" hurts Palestinians. A Jerusalem city spokesman suggested Jewish building there would continue.

Announcement of the plan to build 1,600 apartments for Jews in the Ramot Shlomo neighbourhood came during Vice-President

Joe Biden's visit last week, embarrassing him and the Obama administration, angering Palestinians and endangering the start of indirect peace negotiations that are to be mediated by a U.S. envoy.

Adding to tensions was a ceremony yesterday in the walled Old City in east Jerusalem, where Jews rededicated an ancient synagogue destroyed after the war that followed Israel's creation in 1948. Israeli police sent in reinforcements to prevent riots. The synagogue is in the Jewish Quarter, but Palestinians still saw the colourful celebration as an affront. After a

weekend of rare broadsides from top U.S. officials, including Secretary of State Hillary Rodham Clinton, American demands became clear yesterday. The U.S. wants Israel to cancel the construction plan, U.S. and Israeli officials said, speaking on condition of anonymity because no announcement was made. **THE ASSOCIATED PRESS**



China-bashing returns to U.S. Congress.

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Indonesia Footwear frenzy



Shoppers choose through clogs during the sale for Crocs footwear at Senayan City shopping mall in Jakarta yesterday. The up-to-70-per-cent-off sale aimed to sell 80,000 pairs of footwear during the five-day event.

Death toll rises after tropical storm

MADAGASCAR Disaster officials say at least 36 people have died and more than 38,000 were made homeless by Tropical Storm Hubert. The storm hit the southeast coast of the Indian Ocean island nation last Wednesday. Officials also said yesterday that many rice plantations, roads and homes have been affected or destroyed by flooding. Disaster officials also say that some evacuation teams cannot reach disaster victims because of flooded roads. **THE ASSOCIATED PRESS**

Woman sues over wrong implants

PITTSBURGH An Ohio woman claims in a lawsuit that a Pennsylvania plastic surgeon used the wrong kind of breast implants on her, then kept her knocked out longer than necessary and continued with the botched operation on the advice of her fiancé.

Brittany Daly filed the lawsuit Friday in Pittsburgh against Dr. Beverly Carl over the 2008 surgery. She is seeking \$300,000 US in damages to have the surgery corrected and for physical and emotional dis-

comfort. Daly contends she decided on silicone implants on Carl's advice because she was told they were more durable and less likely to ripple or deflate than saline.

But Carl's office had only saline implants available at the time of the surgery, the lawsuit said.

The woman, who was 23 at the time, was left under anesthesia for at least two hours as the doctor tried to, "in her own words, 'unravel this mistake,'" the lawsuit says.

Daly claims that the doc-

tor kept her under while she told Daly's fiancé, whom she has since married, about the mistake.

Under pressure to provide an immediate response, Sean Daly told the surgeon to go ahead, the lawsuit said, even though her treatment plan didn't empower him to make such decisions.

Carl allegedly refunded \$1,050 to Daly, apologized and tried to persuade her that saline implants were a superior option, according to the lawsuit. **THE ASSOCIATED PRESS**

Protesters threaten to splash building with human blood

THAILAND Protest leaders vowed yesterday to collect blood from tens of thousands of anti-government activists and splash it onto the Thai government headquarters in a symbolic sacrifice to press their demands for new elections.

As many as 100,000 "Red Shirt" protesters converged Sunday on Bangkok to demand that Prime Minister Abhisit Vejjajiva agree to dissolve parliament. Abhisit refused and blanketed the capital in security, but said his government was open

Blood bath?

• Frustrated, the protest leaders said they would collect "one million cubic centimetres" of protesters' blood, or about 1,000 litres, to spill at Government House in the Thai capital by tomorrow evening — a tactic slammed by the Red Cross as wasteful and potentially unhygienic.

to listening to what else the protesters have to say. **THE ASSOCIATED PRESS**

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Bin Laden's son wants family freed

Relatives may be held in Iran

One of Osama bin Laden's sons has called on Iran's supreme leader to release members of his family believed to be under house arrest there since they fled Afghanistan in 2001, according to a letter posted yesterday on the Internet.

Khalid bin Laden's statement accused Iranian authorities of mistreating about 30 siblings, saying they had been "beaten and repressed."

The letter, which was dated early January, appeared to have been written shortly after news reports surfaced about one of his sisters who escaped from her Iranian guards and reportedly is taking refuge in the Saudi Embassy in Tehran.

It has long been believed that Iran has in custody a number of bin Laden's children who fled Afghanistan in 2001 following the Sept. 11 terror attacks on the U.S., most notably his sons,

Enigma

• Little is known about Khalid bin Laden, who is said to be in his 20s and believed to have been with his father in Afghanistan until 2001. His letter to Iran's supreme leader identified him as Sheikh Khalid, a reference to a holder of an esteemed religious position.

Saad and Hamza, who were thought to have held positions in al-Qaida.

But Iran never confirmed it, and claimed to have been surprised to discover 17-year-old Eman was at the Saudi Embassy.

Iranian officials have said they knew bin Laden's daughter was at the Saudi Embassy but denied knowledge of how she got to Iran or when. Tehran also has never confirmed it was holding other members of the bin Laden family.

THE ASSOCIATED PRESS

Atlantic crossing Record breaker



In this Nov. 17, 2009, photo Katie Spotz, 22, rows in the harbour at Mentor Harbor Yachting Club in Mentor, Ohio. Spotz completed a solo journey across the Atlantic Ocean on Sunday, touching a pier in the coffee-brown waters off Guyana to claim a record as the youngest person to accomplish such a crossing.

DAVID J. ANDERSEN/THE ASSOCIATED PRESS

Irish priest won't resign over abuse

SCANDAL Ireland's senior Roman Catholic, Cardinal Sean Brady, said yesterday he would not resign despite admitting he helped the church collect evidence against a child-molesting priest — and never told police about the crimes.

Brady, as a priest and Vatican-trained canon lawyer in 1975, said he interviewed two children about the abuse they suffered at the

hands of the Rev. Brendan Smyth. He said both children were required to sign oaths promising not to tell anyone outside the church of their allegations.

Smyth went on to molest and rape scores of other children in Ireland, Britain and the United States before British authorities in neighbouring Northern Ireland demanded his arrest in 1994.

THE ASSOCIATED PRESS

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Children are likely to be more productive if they take a break after about 20 minutes. Children should not feel overwhelmed while doing homework. Allow children to take breaks, and eventually they will develop their own pace of studying. TUTORING.SYLVANLEARNING.COM

Small Scholars

Study tip

Put together a homework kit for your child. This could include a range of supplies such as pencils, a dictionary, a thesaurus, glue and coloured pencils.

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SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Mix of fun, learning

RAFAEL BRUSILOV
for Metro Canada



After-school activities aren't just a convenient way to keep kids busy until their parents come home, they're a powerful tool in the development and education of child learners.

The modern art of teaching itself has changed greatly in recent decades, with more focus today on learning that catches kids' interest and lets them explore new things in a personal way.

Yet outside of the classroom, kids still need to be kids and many after-school programs offer educational and developmental benefits hidden within fun, involving activities that teach life skills in a natural way.

Lorrie Huggins co-au-

thored the curriculum for the Playing to Learn program — which is implemented at YMCA centres across Canada — offering a myriad of sports and other group activities to keep kids active after the school bell has rung.

She says after-school programs in general can be a great boon to a young child's development because they offer opportunities to engage a child by tapping deep into his or her personal interests.

"Research tells educators play is the way children learn, and it also says the longer a child is actively engaged in an interest, the more they learn. Children experiment and discover and we as educators need to set up opportunities for them to do just that," Huggins said.

"Play is the way children learn."

Lorrie Huggins

With Playing to Learn, the YMCA polled kids and found they were excited to learn and grow as individuals after school, but they wanted to throw off the shackles of traditional academic learning once they'd left the classroom.

"We asked kids what they wanted in an after-school program and they emphatically wanted an active place, a fun place, they wanted it more like a club than school. That drove our school-age programs into something that feels different than school," Huggins said.

Just like adults need some downtime from the



Kids need time to enjoy their interests in a pressure-free zone.

structure and stress of a normal workday, kids need time to unwind and enjoy their interests in a pressure-free zone — the result is a greater rate of development.

For Suzy Moreira, her own daughter's experiences with after-school programs, first at the YMCA and now with the Boys and Girls Clubs of Canada,

have made her daughter into a much more confident child.

"Being in these programs has helped her ability to socialize with other people," she said. "It's really given her greater confidence, and when you build confidence in kids, they have more opportunity to ask questions in school, to be that outward person."

What to look for

When picking the right after-school program for your child, Lorrie Huggins suggest you do a little homework first:

- Sit down and watch a potential program in place. How do the kids interact with staff? Are they happy? Is the vibe a good one?
- Are staff hands-on with kids or do they just dump some equipment out and let kids run the show?
- Do staff appear well-trained and well-supported by the organization?
- Does the program offer a lot of choice in things for kids to do? Kids love variety, especially if they're not feeling particularly sporty or bookish on a particular day.

— RAFAEL BRUSILOV

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Expert tips on how to find the right tutor

JON TATTRIE
for Metro Canada



It can be distressing when your child starts to fall behind at school, but experts say finding a good tutor for the small scholar can quickly get them back on track.

Ian Cunliffe, who runs Vancouver Tutoring Service, compares it to a leaky boat. The holes are the gaps in the student's knowledge and the incoming waves are the new learning. He says a good tutor can come in, patch up the holes, and get the student afloat again.

"A good tutor's goal is to work briefly but intensely to get a child back on track, getting them caught up and feeling empowered and then releasing them. You want the student to outgrow the teacher," Cunliffe says.

For the tutoring to work, all three points on the triangle have to connect.

"You need commitment from the parent, from the tutor, and most importantly, from the child," he says.

That common spirit is more important than trying to match personalities, he says, because you can bring your child to a tutor, but

you can't make him learn. The key is to act quickly, before the boat sinks.

Gabriel Kuperman of Tutor Index, a company that matches children to tutors across Canada, says parents should first study the tutor.

"A great tutor has experience in the subject. You want to know their qualifications — have they gone to university? Do they have their teacher's degree?" he says.

"You also want to know if they're willing to travel to your location, or if you have to go to them," he adds.

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Comment

Mad Max setting his own course

NationalReport

Lawrence Martin

metronews.ca/nationalreport

The most intriguing Conservative in Ottawa these days is Maxime Bernier. The Quebecer, who was bounced from cabinet a couple years ago, separates himself from others in his

party because he isn't afraid to speak his mind.

Most all other Conservatives have sadly been reduced to courtiers and toadies for fear of what might happen to them if they say anything off cue.

Bernier fell from grace as a result of his affair with Julie Couillard, the woman who hung around with biker gangs. She subsequently wrote a book, quoting Bernier as calling the prime minister a control freak among other things. Mad Max, as the tall, charismatic

Bernier is sometimes called, figures he has no future under Harper. So why not rock the boat.

In speeches, he's come out against the need for big stimulus to get the country out of the recession. As well, he sees no need for government activism to combat climate change. In one speech he put a new twist on the famous line from John F. Kennedy. Said Bernier, "Don't ask what your country can do for you. Ask your government to get out of the way."

His Darwinian musings have prompted some observers to suggest he is openly challenging Harper, aiming at a leadership run. That's a bit of a stretch. But it was interesting to note that in a speech to the Preston Manning Institute on the weekend, he was full of praise for the goals of the old Reform Party, but failed to mention Stephen Harper once. That raised a few more eyebrows.

On Quebec policy, Mad Max is far to the right of the party, arguing that free-

market policy prescriptions are the way to Quebecers' hearts. In his riding of La Beauce he is hugely popular, winning by a giant margin — even after "biker-gate."

Bernier is also the only Conservative MP to run his own blog. Garth Turner, the one Tory who tried that before, was hoofed out of the caucus for not toeing the party line.

Bernier sounds like he wants to bring the politics of Ronald Reagan north of the border. It's a bit early

for anyone to start thinking of the Conservative leadership. But should Harper not get a majority in the next election, which will be his fourth kick at the can, it may be time.

Meanwhile, it's nice to see a Conservative who has the courage to air his views. Bernier had better watch his back, though. It's not a government that takes kindly to this type of thing.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Racing to eliminate the stigma of cancer

LiveStrong

Lance Armstrong

Before cancer touched my own life, I rarely thought about the disease.

When I was 25, it nearly killed me. An advanced form of cancer had spread throughout my body. My chances of surviving were poor. Even more remote was the possibility that I'd be able to compete as a professional cyclist again.

After two surgeries and

four rounds of chemotherapy, I was still alive. And because I had an excellent medical team, the support of my family and friends and a strong determination to live, the greatest days of my career and my life still lay ahead of me.

Thirteen years later, if I had to choose between winning the Tour de France and having cancer, I would choose cancer. I consider myself lucky for the experience, and because of that I feel a strong commitment to help everyone affected by cancer triumph over this disease.

Cancer touches every life on Earth. It is projected to be the leading cause of

death worldwide this year, claiming more of us than AIDS, tuberculosis and malaria combined. Twenty-eight million people struggle with it and if current trends continue, the number of new cases could triple by 2030.

But in many parts of the world, we don't talk about cancer. Many people believe cancer is contagious or that people who get cancer bring it on themselves. And the most common theme by far — a cancer diagnosis means certain death.

Molebatsi Poee-Shongwe, founder of the South African cancer organization BreastSens, says many people with cancer believe that

when signs of their condition become obvious, their communities will believe they have AIDS. Like cancer, this disease also brings moral judgment and persecution along with it.

Death by cancer is tragic. More tragic is losing a friend or a loved one when we could have saved them. We hope to inspire people to speak out about their experiences with cancer. If we unite, discrimination and ignorance cannot stand against us.

Lance Armstrong is a cancer survivor, champion cyclist and founder and chairman of LIVESTRONG, an organization that fights for the 28 million people around the world affected by cancer www.LIVESTRONG.org

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WestJet president and CEO Sean Durfy announced his resignation yesterday, to take effect April 1. The announcement appeared on the company's Twitter page last night. **METRO NEWS SERVICES**

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Cost of owning a home rising: RBC

Home prices will continue to rise this spring as buyers scramble to close deals ahead of expected higher interest rates, new mortgage rules and new taxes in two key markets.

A report by RBC Economics issued yesterday found the cost of owning a home in Canada increased slightly across all housing segments in the closing months of 2009.

Strong demand, fuelled by exceptionally low mortgage rates, has increased competition for the limited supply of homes for sale, which continues to drive prices up, the report said.

RBC senior economist

Robert Hogue said the problem is likely to get worse with an anticipated rise in interest rates in the second half of the year.

The Bank of Canada has pledged to keep its key overnight rate at 0.25 per cent, where it has been since last spring, until the end of the second quarter. But economists anticipate it will begin rising as early as July.

THE CANADIAN PRESS



Toyota disputes "inconsistent" runaway Prius story.

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Market Pepsi to drink up stock



In this October file photo, a delivery driver loads Pepsi and other products on a cart to be delivered to a convenience store in Orlando, Fla. PepsiCo said yesterday it will buy back up to \$15 billion worth of its own common stock through June 2013.

JOHN BAZOUZ/THE ASSOCIATED PRESS

Business in brief

TRUDEAU AIRPORT Emirate Airlines' desire to expand service to Canada, high government taxes and fees all threaten Montreal's ability to become a major international hub, says the chief executive of

Air Canada. Calin Rovinescu told the city's business leaders yesterday, while Trudeau Airport will never overtake Toronto's Pearson, it has the potential for more traffic.

THE CANADIAN PRESS

Your Money

Telemarketing scams top white-collar crime

HEATHER BUCHAN
for Metro Canada



It's dinnertime. Your phone rings. The caller congratulates you on having won a dream vacation. But you never entered a contest.

This, say experts, is a prime example of telemarketing fraud, which has become one of the most pervasive forms of white-collar crime in Canada.

Fraudulent telemarketing schemes include offering advance-fee loans, credit

card "protection," stock swaps, prizes and sweepstakes, and investment-grade gemstones. The scope of the operations range from one individual using disposable cellphones, to "boiler room" offices with dozens of staff.

According to the Competition Bureau, a telltale sign of fraud is when the caller puts pressure to act immediately. Criminals do this because short offer expiry dates reduce the risk of being traced by authorities.

Fraud Prevention

How to spot fraudulent calls

- Be wary if the caller demands an immediate answer
- Ask all marketing, research or charity callers for detailed written information you can check yourself, time to think about the offer, valid references and the means to contact them, and a call-back number. Then check Revenue Canada's database to ensure it is a legitimate entity.
- If you're suspicious of any call, hang up immediately.
- If you suspect you've been defrauded, call your local police, bank and Phonebusters (1-888-495-8501).
- Canadians are not eligible for out-of-country lotteries. If you're told you've won one, just hang up.

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Think tank calms fears over parity

CURRENCY With the loonie once again nearing parity with the U.S. dollar, a new report on the currency is giving hope it may not be the menace to the economy many believe it to be.

The Conference Board weighed in on the subject yesterday with a surprising argument — a strong loonie and currency volatility are a net negative for the economy, but not a major impediment, particularly if firms take steps to adapt.

More surprisingly, the think tank said currency fluctuations impact the service sector more than the manufacturing, mining and oil and gas industries, because the latter have found ways to hedge against rapid changes.

The more global and integrated a company is, the more it can ride out the ups and downs of Canada's relatively volatile currency, the Conference Board said.

"The manufacturing sector was largely able to shrug off the impact of currency volatility prior to the recession," the report points out.

"Most manufacturing industries managed well, as they are integrated into global supply chains."

THE CANADIAN PRESS

No kidding — the taxman is your friend

Alison OnMoney



metronews.ca/alisononmoney

As April 30 looms, income tax anxiety often stops us from taking advantage of some of the best help available — the people who answer the Canada Revenue Agency phones.

Decades ago, as a fledgling writer, a kindly CRA agent explained what I could claim as self-employment expenses and even directed me to pertinent publications.

When my husband proposed to me, my first call (well, maybe not quite the first) was to the tax folk where I learned that losing

the equivalent-to-married exemption meant I'd actually pay more tax if got hitched. Hello common law! (That deduction, sadly, no longer applies to the common law crowd.)

Following the death of my father-in-law 20 years ago, we neglected to file an estate return but CRA walked me through an appeal process which resulted in the cancellation of the substantial penalty.

And now I've taken over my father's finances CRA has again provided a service. An agent noticed my father had never applied for the disability deduction for which he is eligible. Once his doctor fills out form T2201, I'll request a reassessment going back years, which could be a nice windfall for dear dad.


Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.


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Cole Harbour's Blake Gallagher had a goal and two assists on the weekend to record his 100th career NCAA Division I point as the senior forward helped the Cornell Big Red sweep the Harvard Crimson 2-0 in the ECAC hockey quarter-finals. **METRO HALIFAX**

Sports



Kirkpatrick ninth in race

Former Dartmouth Subways star Michael Kirkpatrick finished ninth in the QMJHL scoring race. The Saint John Sea Dogs forward scored 29 goals and 54 assists for 83 points in 67 games.

METRO HALIFAX

EDITOR: DON.MCHOULL@METRONEWS.CA

Pridham leads Huskies to glory

Saint Mary's captures championship with 5-3 win over St. Francis Xavier

MATTHEW WUEST
matthew.wuest@metronews.ca

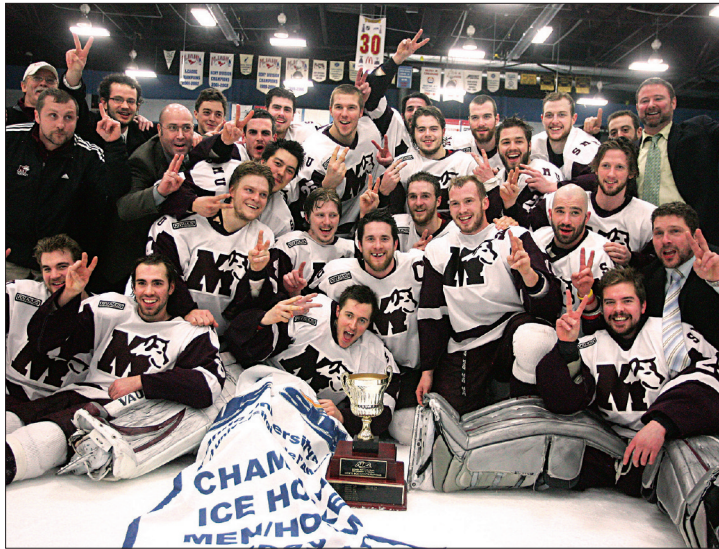
A magical playoff run from Colby Pridham has carried the Saint Mary's Huskies to a second straight championship.

The 22-year-old former Halifax Mooseheads star scored twice, including the game-winner early in the third period, to lift the Huskies to a 5-3 win over the St. Francis Xavier X-Men and a three-game sweep of the Atlantic University Sport men's hockey final.

Pridham, who had six goals in the series and an AUS-leading 10 goals en route to playoff MVP, took a tremendous feed in the slot from Marc Rancourt just 32 seconds into the third period and roofed a bullet to break a 3-3 tie.

"He led, we followed," said Rancourt, the Huskies' captain and reigning AUS player of the year. "He was the difference in this series. He brought his game to a level I didn't even realize he was capable of. It was a pleasure to watch."

Pridham had just six goals in 24 regular-season games and 12 goals in 59



Saint Mary's Huskies players pose for a photo after winning the AUS men's hockey championship at the Halifax Forum last night. The Huskies beat the St. Francis Xavier X-Men 5-3 and took the series in three straight games.

career games in two seasons at Saint Mary's.

While his emergence as a goal-scorer made headlines, it was his relentless determination at both ends of the ice that exemplified the attributes that made the Huskies successful.

After Pridham's go-

ahead goal, the X-Men barely had a sniff at the equalizer, unable to generate any sustained pressure in the final five minutes.

The 3,896 in attendance — deservedly the largest hockey crowd the AUS has on record — picked up on the Huskies' dogged work ethic and roared when ex-

NHLer Mike Danton potted his second of the game into an empty net with 1:18 to go.

"This team is all about hard work, determination, heart and courage," said Danton, who joined the team in January after a six-year absence from hockey and scored six goals in

Past champs

• Past Atlantic University Sport men's hockey champions.

- 2010 — Saint Mary's
- 2009 — Saint Mary's
- 2008 — New Brunswick
- 2007 — Moncton
- 2006 — Acadia
- 2005 — Moncton
- 2004 — St. F.X.
- 2003 — New Brunswick
- 2002 — Saint Mary's
- 2001 — St. Thomas
- 2000 — New Brunswick

nine playoff games.

"That's what we've got."

Perhaps most impressive about the Huskies' banner was the fact they won it without all-star forward Cam Fergus and energetic second-liner Kyle Doucet, both out with injuries.

"I give credit to our third and fourth lines," Pridham said. "They had a lot of energy and it was the depth that got us here. There were no breaks for the other team."

Cody Thornton had the Huskies' other goal and goalie Neil Conway made 29 saves.

The Huskies advance to the University Cup starting March 25 in Thunder Bay, Ont.

Final home for gold-medal puck set to be announced

OLYMPICS The final home of Canada's most famous puck is set to be revealed today.

The International Ice Hockey Federation and Vancouver Olympic officials say they'll announce the permanent abode of the Olympic gold-medal puck at a joint news conference in Vancouver.

The puck that Sidney Crosby shot to clinch the 3-2 victory over the United States went missing after the final game on Feb. 28.

From Vancouver, the puck somehow made its way to the IIHF offices in Switzerland.

But a senior IIHF official told The Canadian Press that in his mind, it belongs to all Canadians.

Yesterday, the head of the Vancouver Olympic committee suggested to reporters that the puck won't actually remain in one place.

"The big thing about the puck is to make sure that ... it does the most good it possibly can, it just ends up in a place where Canadians can celebrate," John Furlong said in Whistler.

"That can't just be one place. Where ever it ends up, whatever its starting point is, it will have other places to go as well."

Possible options are the Hockey Hall of Fame in Toronto or the B.C. Sports Hall of Fame in Vancouver.

THE CANADIAN PRESS

Lions look to stave off elimination

MATTHEW WUEST
matthew.wuest@metronews.ca

MJHL The Halifax Lions are looking to stop the Pictou County Weeks Crushers' momentum in its tracks.

The Lions are facing elimination tonight at 7 p.m. at the Forum when they host the Crushers in Game 6 of the Maritime Junior A Hockey League's Bent Division best-of-seven semifinal.

The Crushers have seized control of the series with back-to-back wins, scoring the game-tying goal with eight seconds to go in Game 4 before winning in double-overtime and then blasting the Lions 7-2 in Game 5 in New Glasgow on Sunday.

"It just sort of unrav-elled," Lions head coach



Lions head coach Troy Ryan guided the club to a 22-24-4 record this season.

Troy Ryan said. "Emotionally you're dejected by (losing in Game 4) and we don't have a whole lot of guys who have been through it."

"Having said that, I think we just rebound and give it one last kick at the

can."

The Lions are a young team that has been rebuilding since relocating from Antigonish in 2008. With Ryan at the helm, they turned things around this season, going 22-24-4, finishing seven points behind the Crushers.

"For a young team, we're definitely getting some experience out of this — for sure," Ryan said. "To be honest, I think we're surprising some people just being in the series to the extent that we've been in it. We've had some opportunities to win it and we let them slip away."

Stuart Lenehan leads the Lions with nine points through five games, tied for fourth in the MJHL, while Kody Blois is averaging 41 saves per game, more than any other goaltender in the league.

Cape Breton in tough with first round battle against Moncton

QMJHL The Cape Breton Screaming Eagles have their hands full in the first round of the QMJHL playoffs.

The seventh-place Screaming Eagles, who went 41-22-5 and bolstered their roster at the trade deadline to make a run at a championship, have drawn the third-place Moncton Wildcats (48-14-6).

The Wildcats feature the QMJHL's co-leading scorer in Nicolas Deschamps and the reigning MVP in goaltender Nicola Riopel. But the Wildcats learned yesterday forward Scott Trask

has been suspended "indefinitely" for a hit to the head in Sunday's game against the Saint John Sea Dogs.

Action in the series begins Friday and Saturday in Moncton.

The other Maritime matchup features the first-place Sea Dogs (53-12-3) against the eighth-place P.E.I. Rocket (35-25-8).

The other QMJHL first-round playoff matchups are Lewiston-Drummondville, Shawinigan-Victoriaville, Bathurst-Quebec, Chicoutimi-Rimouski, Val-d'Or-Rouyn-Noranda and Gatineau-Montreal.



SCOREBOARD

QMJHL

FINAL OVERALL STANDINGS

	W	L	S/O	P
x-Saint John	53	12	3	109
y-Drummondville	51	15	2	104
y-Quebec	41	20	7	89
y-Rouyn-Noranda	41	21	6	88
x-Moncton	48	14	6	102
x-Victoriaville	45	19	3	95
x-Cape Breton	41	22	5	87
x-P.E.I.	35	25	8	78
x-Rimouski	34	27	7	75
x-Shawinigan	31	29	8	70
x-Montreal	31	30	7	69
x-Gatineau	30	33	5	65
x-Chicoutimi	26	33	9	61
x-Acadie-Bathurst	25	37	6	56
x-Val-d'Or	22	38	7	52
x-Lewiston	23	42	3	49
Baie Comeau	21	40	7	49
HALIFAX	13	48	7	33

x — clinched playoff berth; y — clinched division; z — clinched regular-season title; note: division leaders ranked in top four positions regardless of point totals. Note: two points for a win; one for an overtime or shootout loss.

METRO HALIFAX

Ovechkin suspended for two games

Two-time MVP Alex Ovechkin was suspended yesterday for the Washington Capitals' next two games because of a reckless hit. The forward drove Chicago's Brian Campbell into the boards from behind in the first period Sunday and received a major penalty and a game misconduct. **THE ASSOCIATED PRESS**

'The league is changing'

Former Huskie Glavic seeing push to sign Canadian QBs in CFL

A year ago, Danny Brannagan and Erik Glavic figured they would be following in the footsteps of a generation of top Canadian university quarterbacks.

Since it's been 15 years since such a quarterback started in the CFL, neither was even considering that route. Brannagan was planning for a career in finance after graduating from Queen's, while Glavic considered converting to receiver at the University of Calgary in hopes of extending his football life.

But thanks to an apparent shift in thinking on the CFL's part, they're among at least four Canadian Interuniversity Sport pivots whose pro aspirations have been rekindled. Or, more accurately, kindled.

The reason for hope is the CFL evaluation camp, which brought in some of last year's top CIS quarterbacks to replace the pros who normally throw passes here.

"I think the league is changing," said Glavic, a former Saint Mary's Huskies quarterback and two-time Hec Crighton award winner as national player of the year. "A couple of teams told me they'd



Former Saint Mary's Huskies quarterback Erik Glavic has been getting a look over by CFL teams.

love to sign a Canadian quarterback.

"I'm not sure I fully believe it, but there's definitely a push on."

For Brannagan, that push has already paid off. The Toronto Argonauts signed him to a three-year

contract yesterday.

"I was definitely surprised it happened so quickly, but I'm excited to get this opportunity," the Burlington product said yesterday.

The league says it's looking at ways to give Canadi-

Last Canadian

• The last Canadian quarterback to start a CFL game was Giulio Caravatta, and that was more than 13 years ago.

an quarterbacks more opportunity, including inviting Brannagan, Glavic, Justin Dunk and Michael Faulds to the evaluation camp. Faulds had to pass because of an injury.

There's a proposal to bring CIS QBs into training camp even though they have college eligibility left, just to allow them to absorb a pro atmosphere.

"We need to get creative to help young quarterbacks develop more," said Kevin McDonald, the league's director of football operations and development.

It appears the QB trio acquitted themselves quite well at Varsity.

"I think all showed very well," said Argonauts head coach Jim Barker.

The Hamilton Spectator reported yesterday that the Hamilton Tiger-Cats have added Glavic to their negotiations list.

TORSTAR NEWS SERVICE

B.C. skier wins Canada's second Paralympic gold

MEDAL Skier Lauren Woolstencroft has won Canada's second gold medal of the Paralympic Games.

The North Vancouver, B.C., native won the women's standing slalom in a two-run combined time of one minute 51.97 seconds.

Teammate Karolina Wisniewska of Vancouver was third in 1:58.84.

Germany's Andrea Rothfuss took the silver in 1:58.35.

It was the fourth Para-

lympic gold medal of Woolstencroft's career. In her two previous Paralympics she had won three gold, a silver and bronze.

Woolstencroft, 28, was born without legs below the knee and no left arm below the elbow.

She started skiing at the age of four and racing at 14.

Wisniewska, who was born with cerebral palsy, has now won seven medals at three Paralympics.

THE CANADIAN PRESS

SCOREBOARD

NHL	YESTERDAY'S RESULTS	NBA	YESTERDAY'S RESULTS
Columbus 5 Edmonton 3	New Jersey 3 Boston 2	Boston 119 Detroit 93	Houston 125 Denver 123
Detroit at Calgary		New York 94 Philadelphia 84	Utah 112 Washington 89
		L.A. Lakers at Golden State	New Orleans at L.A. Clippers
TODAY'S GAMES			
Montreal at N.Y. Rangers, 8 p.m.			
Boston at Carolina, 8 p.m.			
Buffalo at Atlanta, 8 p.m.			
Toronto at Ottawa, 8:30 p.m.			
Phoenix at Tampa Bay, 8:30 p.m.			
Washington at Florida, 8:30 p.m.			
Colorado at St. Louis, 9 p.m.			
Philadelphia at Nashville, 9 p.m.			
Edmonton at Minnesota, 9 p.m.			
San Jose at Dallas, 9:30 p.m.			
N.Y. Islanders at Vancouver, 11 p.m.			
TODAY'S GAMES			
Charlotte at Indiana, 8 p.m.			
Cleveland at Detroit, 8:30 p.m.			
Atlanta at New Jersey, 8:30 p.m.			
San Antonio at Miami, 8:30 p.m.			
Chicago at Memphis, 9 p.m.			
Washington at Denver, 10 p.m.			
L.A. Lakers at Sacramento, 11 p.m.			
Minnesota at Phoenix, 11 p.m.			

For more game results, visit metronews.ca/sports

Sports in brief

BLUE JAYS Miguel Cabrera hit his first homer of spring training and Scott Sizemore and Brennan Boesch also went deep for the Detroit Tigers as they knocked off the Toronto Blue Jays 10-7 yesterday. Marc Rzepczynski went four innings in his longest outing of the spring for the Blue Jays and allowed three runs and six hits. He struck out four.

FIGURE SKATING Just more than three weeks after her mother's death, Joannie Rochette has decided she's not up to competing at the world figure skating championships. The Olympic bronze medalist has decided to withdraw from the competition next week in Turin, Italy.

SENTENCE An Illinois insurance executive who secretly shot nude videos of ESPN reporter

Erin Andrews was sentenced yesterday to 2½ years in prison after giving a tearful apology that was harshly rebuked by his victim. Michael David Barrett pleaded guilty in December to interstate stalking after prosecutors accused him of following the reporter to at least three cities and shooting the videos through hotel peepholes.

SOCCER Fernando Torres scored twice as Liverpool beat Portsmouth 4-1 in the Premier League yesterday to keep the team's hopes alive of qualifying for the Champions League. Liverpool improved to 51 points, one behind fourth-place Tottenham in the last Champions League position but Spurs have played a match less.

METRO NEWS SERVICES

Possible NCAA expansion getting lots of attention

BASKETBALL In the overall scheme of things, expanding the field for the NCAA men's basketball championship wouldn't solve or create any problems for most people.

Then why have so many people offered so many opinions on something that's only in the discussion stage, at best, and might not even happen?

Because the three-week-end, 65-team format has become as much a March

staple as cold rain in the Northeast and the sound of batting practice in Florida and Arizona.

Talk about expanding the field, from three more teams — to take away the stigma of a lone play-in game — to as many as 96, is getting much of the attention as the 2010 tournament begins.

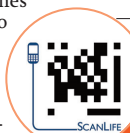
The Associated Press asked coaches across the country about their feelings toward expanding

the tournament as their teams played in conference tournaments.

Out of 23 coaches who talked to the AP, the results were roughly split between those favouring expansion to 96 teams, those who like the tournament the way it is but would be open to tinkering with it, and those who oppose expansion.

Several others said they weren't leaning either way just yet.

THE ASSOCIATED PRESS



NCAA official defends at-large picks from harsh critics.
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Dartmouth Gate Guardian Drug Pharmacy celebrates recent grand opening

Dartmouth's newest pharmacy makes high quality customer service the centre of its entire operation. Owned by business partners Wendy Coffin and Rick Davis, Guardian Pharmacy at the Dartmouth Gate mall offers a huge range of products, expert advice and one-on-one attention.

"And if we don't have what you need, we'll do everything we can to get it for you," says Wendy with a smile. With 12 years experience

in the industry, she knows what she's talking about. She decided it was time to open her own pharmacy so that she could deliver the service and products she believes in.

"We wanted to practice the way we want to practice," she explains. "The level of customer service is much higher."

"We're ecstatic," Rick says of the new venture, pausing to take in

the store's spacious aisles and well-stocked shelves. "We are both very proud of the store."

"Rick and I were complete strangers prior to starting up this business partnership," Wendy says. But their dreams matched: Wendy brings her knowledge of the pharmacological side of the business and Rick his in-depth understanding of the retail side.

Their top team of five qualified pharmacists is eager and able to help. That means no long waits and no rushed experiences: each customer gets the attention they need. Guardian also offers specialized services like certified compression stocking fitters, providing relief for people suffering from leg swelling due to aging, medical conditions, pregnancy or air travel.

The store itself has more than

8,000 square feet, which is more than double the size of a typical independent pharmacy. It pays tribute to the old Moirs chocolate factory in which it is housed with a collection of classic photographs obtained by the Dartmouth Heritage Museum.

The pharmacy is unique in that it has a special-events room, called the "Rexall Room," a private consultation room for use by health-care professionals and a comfortable prescription waiting area complete with flat-screen TV, comfy leather seats and toys for the kids. The pharmacy and store counters are outfitted in a dark wood finish, making it a truly a beautiful pharmacy.

The grand opening earlier this year was celebrated with Mayor Peter Kelly, MLA Marilyn More and Councillor Jackie Barkhouse. Since then, Wendy, Rick and the rest of the team have worked hard

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One of the largest pubs in Canada is in what is called the Irish Village in Ottawa, Ont., where four different pubs under the same roof take up a city block. It is called the Heart & Crown in the Byward Market. **THE CANADIAN PRESS**

Food



Authentic Irish pubs

Here are some tips on how to enjoy an authentic Irish experience on St. Patrick's Day and throughout the year: Find an Irish pub by checking online or in the local phone book. The real Irish pubs serve Irish food, music and draught Guinness or a number of the country's brews, and not only on St. Patrick's Day. Go for the atmosphere, including the talking, laughing, singing and dancing. Source: weareirish.ca.

THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Eat like the Irish

Celebrate St. Paddy's Day with grub



Irish Beef Potato Dinner.

Irish Beef Potato Dinner

This Irish-inspired family-style dinner features potatoes, parsnips, carrots, onions and cabbage.

MAKES 4 SERVINGS

INGREDIENTS:

- 4 Yukon Gold potatoes (about 650 g/1 1/3 lb total)
- 3 parsnips (about 250 g/8 oz total)
- Salt and pepper, to taste
- 375 g (12 oz) extra-lean ground beef
- 1 onion, chopped
- 5 ml (1 tsp) each dried thyme and Worcestershire sauce
- 500 ml (2 cups) thinly shredded cabbage
- 250 ml (1 cup) halved lengthwise and sliced carrots

- 50 ml (1/4 cup) tomato paste
- 15 ml (1 Tbsp) all-purpose flour
- 425 ml (1 3/4 cups) sodium-reduced chicken broth
- 125 ml (1/2 cup) frozen peas
- 50 ml (1/4 cup) warm milk
- 15 ml (1 Tbsp) butter

METHOD:

Peel potatoes and parsnips; cut into chunks. In a saucepan, cover potatoes and parsnips with cold water; bring to a boil over high heat. Season with salt. Reduce heat and boil gently for 15 minutes or until fork tender.

Meanwhile, heat a large non-stick skillet over medi-

um-high heat. Add beef, onion, thyme and Worcestershire sauce; cook, stirring and breaking up beef with a spoon, until beef is browned, about 5 minutes. Stir in cabbage and carrots.

Whisk tomato paste and flour into broth; stir into skillet and bring to a boil. Reduce heat, cover partially and simmer for 8 minutes or until vegetables are just tender. Stir in peas and heat through, about 2 minutes. Season with salt and pepper.

Drain potatoes and parsnips; return to saucepan. Add milk and butter; mash until smooth. Season with salt and pepper. Spoon large mound onto each plate; with back of a spoon, make a well in the



Shamrock Soup.

centre and fill with beef mixture.

Shamrock Soup

On a day when we celebrate everything green, why not make dinner green too? Broccoli and potatoes make a bright, perfectly smooth and delicious soup that's easy to prepare. The shamrock-shaped cheese croutons add fun, crunch and flavour.

MAKES 6 SERVINGS

INGREDIENTS:

- 1 large bunch broccoli
- 15 ml (1 Tbsp) butter
- 3 cloves garlic, minced
- 1 onion, chopped
- Salt and pepper
- 2 potatoes, peeled and chopped
- 1 l (4 cups) reduced-sodium vegetable or chicken broth or stock
- 500 ml (2 cups) milk
- 125 ml (1/2 cup) shredded havarti, cheddar or mozzarella cheese

Shamrock Croutons

- 4 to 6 slices whole-grain bread
- Sour cream or plain yogurt (optional)

METHOD:

Cut broccoli tops from stalks. Peel stalks and chop coarsely. Cut tops into small florets and set aside separately.

In a large pot, melt butter over medium heat; sauté garlic, onion and 1 ml (1/4 tsp) each salt and pepper for about 5 minutes until garlic and onion are softened. Add broccoli stalks and potatoes and sauté for 1 minute.

Add broth and bring to a boil over high heat. Reduce heat, cover and boil gently for about 10 minutes or until potatoes are almost tender.

Add broccoli florets and boil gently, uncovered, for about 5 minutes or until florets are tender.

Meanwhile, make Shamrock Croutons: Using a shamrock cookie cutter or a sharp paring knife, cut shamrock shapes from bread and place on a baking sheet. Preheat broiler.

In a blender, in batches, or with an immersion blender, puree soup until smooth. Return to pot if necessary. Stir in milk; heat over medium-low heat, stirring often, just until steaming (do not let boil). Remove from heat; stir in cheese until melted. Season to taste with salt and pepper.

Just before serving, broil croutons on each side until toasted. Ladle soup into bowls, top with a spoonful of sour cream, if using, and float croutons on top.

THE CANADIAN PRESS

Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

New horizons

Where do I drink from here? It's a question anyone who enjoys wine will inevitably ask after they've bought a particular bottle for the umpteenth time.

The easiest way to expand your wine horizons is to stick with what you already know. There isn't a single winemaker who's a one trick pony and just about every wine you like will have a bigger (and supposedly better) version of itself waiting in the wings.

But what do you get if you work your way up the liquid ladder?

Let's take Wolf Blass as an example. For many its 2007 Yellow Label Shiraz (\$16.35 - \$18.99) — with its dark black fruit and licorice spice — is a textbook example of what made the grape famously Australian. It's created from fruit grown all over South Australia (a huge area) which helps keep it under \$20.

The Wolf Blass 2006 Grey Label Shiraz (\$34.80 - \$39.99) takes the Yellow Label's personality and increased it by, like, a thousand. Being made from grapes grown in one particular South Australian sub-region (McLaren Vale) gives it more concentration and depth to go along with its higher price tag.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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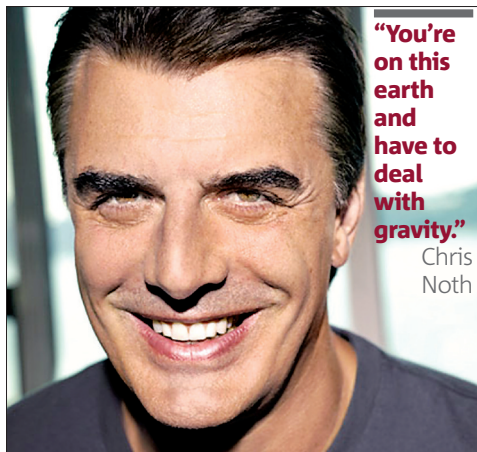
Not just for girls any more

Health Canada has approved GARDASIL, a vaccine previously only available to females, for males from the ages of nine through 26 for the prevention of infection and genital warts caused by Human Papillomavirus (HPV). There are 114 new cases of genital warts diagnosed in Canada every day. **METRO NEWS SERVICES**

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Taking care of your skin is like working out



"You're on this earth and have to deal with gravity."
Chris Noth

Chris Noth is the new manly face of Biotherm Homme

JANINE FALCON
for Metro Canada

Turns out being a big star doesn't make a guy much different from most, at least when it comes to skincare products.

The growing variety on retail shelves, although an itty fraction of available lady potions, seems overwhelming, and frankly, shopping around for the latest and greatest holds little appeal.

If someone gives you something you happen to like, though, you're loyal. And if you're "Big" actor Chris Noth, you become the North American face of the brand.

"I came here on a job and I couldn't bring stuff on a plane," Noth told Metro during his recent visit to promote his new role as the face of Biotherm Homme.

"I said I needed some stuff, shaving cream, moisturizer. (My agent) brought me the Biotherm and it was, you know, it was simple, it was good. I just kept using it and then we formed a relationship with them."

Noth, of course, is known for his role as reformed bachelor Mr. Big in Sex and the City, and currently plays a not-so-good husband on TV's The Good Wife. A self-described "simple" guy, he explained that before Biotherm, he wasn't into skincare.

"I paid no attention to it before. I used anything and nothing."

Now he regards a regimen as part of his routine.

"It's kinda like working out. You do it not just because it helps your body, but it also makes you feel clarity, grounded," he said.

"You're on this earth and have to deal with gravity."

Manly stuff to try

Among Noth's Biotherm Homme favourites are the Force Supreme Neutralizer Anti-Wrinkle Moisturizer (\$55), and the High Recharge Yeux Anti-Fatigue Cold Eye-Serum under-eye roller (right, \$40), which refreshes tired eyes. "I keep it in my car," he told Metro.



Biotherm Homme Force Supreme Neutralizer Anti-Wrinkle Moisturizer to fight signs of aging, \$55



Gillette Fusion Power MVP razor micro-pulses for a shave more comfortable for sensitive skin, \$12.99



Clinique Skin Supplies for Men Age Defense For Eyes to help with under-eye wrinkles and dark circles, \$28



Dove Men + Care Extra Fresh Body and Face Wash does double duty, \$6.99



La Roche-Posay XY Homme Anti-Redness Normalizing Balm to calm post-shave skin, \$27



Crest Whitestrips Daily Multicare, five minutes a day for healthy-looking whiter teeth, \$49.99



Clarins Men Lip Guard for shine-free — and kissable — comfort, \$15



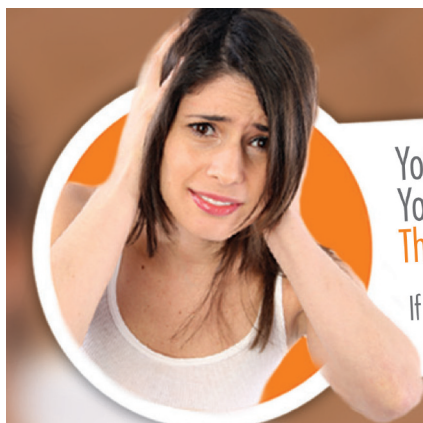
Clarins Men Active Face Scrub to get rid of flaky patches, \$32. Anti-Wrinkle Moisturizer to fight signs of aging, \$55



Dermologica Close Shave Oil for a supple-skin shave, \$26



Neutrogena Men Skin Clearing Shave Cream with salicylic acid for anti-acne assistance, \$5.99



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20 health & beauty

You may have a drinking problem, according to bbc.co.uk and should contact your doctor. Have you ever felt you should cut down on your drinking? Have people annoyed you by criticizing your drinking? Have you ever felt guilty about your drinking? **METRO NEWS SERVICES**

Product check list

Be knowledgeable about what you put on your face

With limitless options, shopping for skin-care products can be overwhelming, especially to the untrained male eye.

Brian Lau, founder of Bread&Butter Skincare has broken down the top five things people should be looking for when purchasing skin-care products.

SUN PROTECTION

You should look for more than SPF protection. The SPF rating only indicates your protection level from UVB rays, but UVA rays also increase the risk of cancer, and also ages the skin. Look for products that claim UVA protection or include ingredients such as titanium dioxide, zinc oxide, avobenzone and ecamsule.

BENEFICIAL ALCOHOLS There fatty alcohols in products that moisturize your skin. But alcohols such as ethanol, denatured alcohol and ethyl alcohol, can be extremely drying and

irritating to skin.

THE RIGHT PACKAGING Products that are packaged in jars are not recommended. Each time you put your finger in the jar, you are putting all the bacteria that your hand has touched, into its own little cultivation dish and then transferring those germs

to your skin.

KNOW WHAT'S ORGANIC

Not all organic products are 100-per-cent organic. There is no regulatory body that polices these products right now

such as menthol, which essentially irritates your skin to cover up other irritants in the product, which is particularly harmful for men who cut and nick their faces while shaving.

Go to breadandbutter skincare.com for more information.

METRO NEWS SERVICES



Brian Lau

Canada. **STAY CLEAR OF PRODUCTS THAT TINGLE THE SKIN** These products usually include an ingredient



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Pace yourself

FITNESS Weekend warrior warning: Pace yourself.

Spring means it's time to hit the links, the courts, and the fabulous outdoor paths in our great cities. But if you haven't done much physical activity all through the winter, it's important to build up your activities gradually, always warm up, stretch regularly, and mix it up.

"Ensure gradual increase in training loads and progressions," says Carl Petersen, a partner and director of high performance training at City Sports & Physiotherapy Clinics in Vancouver, B.C.

Petersen suggests that men, in particular, do proper warmups and stretching.

"Men are less flexible than women and therefore need to do a dynamic warmup prior to any activity,"

he says. "Research shows that doing stretches after the activity and again before bed will give a 50 per cent decrease in lower extremity overuse injuries."

Petersen, who co-authored the books *Fit to Play Tennis* and *Fit 2 Ski*, suggests cross-training in many different sports to avoid injury. "Sometimes, a change is as good as a rest," he says.

CELIA MILNE/METRO CANADA

your girlfriends: "He's a really nice guy, funny, considerate, a real sweetheart. I don't know what it is, but I'm just not attracted to him."

Am I right? Why go for funny, sweet, considerate when we can go for indiffer-

The J Spot

Josey Vogels

metronews.ca/thejspot

ent, self-centred and manipulative? So much sexier. So, why do women love bad boys? For some women it's about the challenge and the excitement. Nice guys are too predictable. They want to love them, but the good girl in them wants to rebel. And since society doesn't like bad girls, they let bad boys bring out the rebel in us.

"I want to be comfortable but not bored," a bad-boy addict girlfriend tries to explain. "I'm not sure that exists so I go for the thrill instead." One could also argue that going after guys who are clearly lousy long-term relation-

ship material is like the female version of "commitmentphobia." It's less scary to long than to genuinely love.

Some women latch on to the naïve belief that she'll be the one to turn him around. Of course, one could also argue that being attracted to people who make us work a little harder for it is simply human nature. Just as many guys are drawn to indifferent, rebellious "bad girls" who

"Some women latch on to the naïve belief that she'll be the one to turn him around. Of course, one could also argue that being attracted to people who make us work a little harder for it is simply human nature."

lem with some nice guys, is that, well, they're a little too nice.

Women do like to be treated nicely but they also appreciate a guy who's willing to stand up for himself. It's very hard to respect a guy and believe he likes himself enough for us to like him if he's willing to take whatever a woman dishes him.

So you can be nice without being a doormat. And you can be self-confident without coming across as an arrogant, well, jerk. And hey, if you ride a motorcycle, it might not hurt.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Scary fact

According to the World Health Organization tobacco is responsible for the death of some 5.4 million people a year — one person every six seconds. It also accounts for one in 10 adult deaths across the world — there are currently more than one billion smokers worldwide. **METRO NEWS SERVICES**

Fighting addiction is a family affair

For each person with an addiction, it's estimated that seven others will be directly affected.

That's why it's important to involve family members in treatment.

"When someone is addicted, whether it is alcohol, street drugs, gambling, or the Internet, it impacts everyone else in the family. Families live in silence, fear and shame," says Linda Bell, president and CEO of Bellwood Health Services in Toronto.

Addiction is fairly common. Alcohol addiction alone affects about one in 10 people in Canada, and there are many other addictions besides alcohol. You can tell it's an addiction if it's interfering with other parts of the person's life and they can't stop.

There's a great deal of shame and secrecy attached to addiction, and Bell hopes talking about it helps people understand that it's an illness.

"We talk about cancer, heart disease and breast exams. But we don't talk about addiction and how



One family member's addictions can affect the whole family.

to get out of it. People think it's willpower. That's like trying to recover from lung cancer with willpower."

When people with an addiction finally reach out for help, the problem is often very far gone.

"People who come are in crisis," says Bell. "Examples might be, their doctor has said their liv-

er is enlarged, they're having gastrointestinal problems, they've been charged with

"We talk about cancer, heart disease and breast exams. But we don't talk about addiction and how to get out of it."

Linda Bell, president and CEO of Bellwood Health Services in Toronto.

impaired driving, they've had a car accident, they're bankrupt, their job is on the line, or they've been caught stealing.

By the time the addiction gets to that point, the family has been through hell.

"It becomes very stressful for the other people. Their loved one might be at the race track, the casino, the bar. Life becomes unpredictable and chaotic. Everybody stops talking about it."

Family members often feel guilt and shame. Children stop bringing friends home; partners become isolated.

"Families will have lived with this for many, many years before the bottom falls out," says Bell.

Her advice? "Reach out. Find help." There are addiction services in every community. The recovery process is much easier and more successful if you intervene early, she says. In the general population, about 70 to 75 per cent do well in recovery.

Treatment can be a long, slow process — typically five years — and the degree of success depends on the person's motivation. Treatment focuses on re-training the brain, teaching the patient to know they are smart and valuable, and giving the brain a rest through a period of abstinence. It culminates in a 12-step recovery program for both the addict and the family.

"It's a treatable problem," says Bell. "People get better."

Trainer James Duigan's exercises for ex-smokers



James Duigan

EXPERT ADVICE "The cure to smoking is to stop smoking," says James Duigan, personal trainer to Elle Macpherson.

"The main role of exercise in the whole quit smoking process is that it shows you how much damage you have done to your body."

Duigan explains how smok-

ing drastically reduces your lung capacity, as well as damage this vital organ. Going for a run, swim or

cycle or even attending a pole dancing class — do something that will get you breathing heavily and break out into sweat. This will speed up the detoxification process and make you realize what you can and cannot do physically.

"Many ex-smokers lose perspective on exercise, as they just feel awful all the time," continues Duigan. "Exercise can be a real motivating factor."

ROMINA MCGUINNESS/
METRO WORLD NEWS

Dr. Renier van Aarts MD

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Cigarette facts
from the World Health Organization

- Of the 4000 known chemicals found in tobacco more than 50 can cause cancer.
- Along with tobacco, cigarettes contain nicotine, a drug as addictive as cocaine or heroin that causes intensely unpleasant withdrawal symptoms.
- More than 80 per cent of the world's smoking population lives in low and middle-income countries.
- Tobacco can potentially kill up to half of all users.
- An estimate of 700 million children, almost half of the world's children, breathe air polluted by tobacco smoke.

ROMINA MCGUINNESS/
METRO WORLD NEWS

The sunny side of quitting smoking

ROMINA MCGUINNESS
Metro World News

EXERCISE CHANGE

Weight gain when quitting smoking is common, but don't let this be the case. Make exercise your distraction so that you don't pile on the pounds and treat food as your only comfort. Regular exercise will also help boost your metabolism, energy levels and act as a natural mood lifter.

MOOD CHANGE

Days, weeks and even months after giving up smoking may cause mayhem with your moods,

causing you to be irritable, anxious and even depressed. The good news is that this is simply a reaction to your addiction to nicotine so eventually these will cease. Insomnia and fatigue may also be experienced.

DIET CHANGE

Smoking affects the taste buds, so giving up will mean that you appreciate the taste of food more. Furthermore, your breath will smell better and if you have switched to snacking to curb cravings, this could actually make you have a better diet — if you snack wisely. Cut up small chunks of raw vegetables (broccoli, carrots, celery) or have a handful of nuts and seeds (sunflower or pumpkin seeds) or crunch through some sugar-free hard candy.

SKIN CHANGE

Smoking can cause the premature aging of the skin as well as increase dryness and irritation. As smoke passes over the face, it leaves behind residue that can clog up pores and leave the skin looking dull and ashen. As soon as you stop, skin tone will brighten up, leaving you looking fresher and younger.

PURSE

Cigarettes cost money — a lot of it. Save that money and spend it on something you've always wanted.

SOCIAL

You won't need to leave the dinner table or the bar each time you need a cigarette, which can be a mood breaker when out with family, friends or work colleagues.



Colin Farrell and Robert Duvall are among those bringing films to the Tribeca Film Festival in New York. The festival announced the bulk of its lineup yesterday. Making its U.S. premiere will be Neil Jordan's *Ondine*, starring Farrell and Duvall in *Get Low*. **THE ASSOCIATED PRESS**

Duvall, Farrell bring movies to Tribeca

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

More than friends

David Schwimmer is engaged. The former *Friends* star, 43, asked for Zoe Buckman's hand in marriage after the 24-year-old British photographer recently moved to the U.S. to be closer to him. **FEMALEFIRST.CO.UK**



A revolution in new music

Mobile devices are changing the industry

TheAudioFiles

Bryan Borzykowski

metronews.ca/music



Among all the music, films and business deals currently going on at this year's South By Southwest conference in Austin, Texas, are more than 50 presentations related to the cellphone. From mobile design and advances in coding to how NASA uses mobile technology, every minuscule facet of the business seems to be covered.

Naturally, a number of talks, most of which happened this past weekend,

centre around how mobile tech is changing the music industry. "How Pandora Navigated the Smartphone Seas" discussed how the popular streaming music service adapted to BlackBerry and iPhones, while "How to Access The Chinese Music Market" focused on how artists can take advantage of that country's 700 million cellphone users. But no matter how many experts wax poetic on the future of mobile innovation, one thing's certain — the smartphone is the biggest thing to hit the music industry since the MP3.

The music biz took to the cellphone industry early — ringtones put buckets of cash into the pockets of labels, and mobile music is a big reason, according to the International Federa-

tion of the Phonographic Industry, which estimates that 27 per cent of the music industry's global revenues came from digital sources.

But mobile music is still in its infancy. Labels are still trying to get a handle on the digital shift, which means they'll (hopefully) be willing to try anything to boost revenues, including introducing innovative apps and services to cellphone users.

One product that critics claim could dramatically alter the music industry is Spotify, a streaming music site that's only available in a few European countries right now. Like its desktop counterpart, the iPhone app lets users stream (online and offline) more than 3.8 million songs wherever they go. Imagine having ac-



Death Cab For Cutie's app lists concert dates, lyrics, artwork and videos.

cess to the entire iTunes catalogue for about ten bucks a month on your phone (or free on the CPU version), and you can understand why some people think this product — and the mobile version specifically — will revolutionize the music business.

It's not just music consuming programs that are shaping the way we interact with our phones; a growing number of artists are reaching out to fans via mobile apps. Death Cab For Cutie's app lists concert dates, lyrics, artwork

and YouTube videos, while T-Pain's program famously included an auto-tune function that let his followers alter their voice like the rapper did on his most recent record.

While T-Pain's app didn't let you record your voice, others do. In fact, you can record entire songs on a number of mobile four-track apps such as Four-Track and GigBaby.

The future of mobile is yet to be written, but imagine downloading songs from a concert a few minutes after they're played,

remixing tracks on your phone at a party, or even contributing vocals to your favourite artist's album while you're at work. Whether you like it or not, the music industry is changing in ways that most of us can't even imagine.

There's only one thing that will slow down the mobile music experience — forgetting to recharge your phone.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

GENIUS WITHIN
The Inner Life of Glenn Gould
A DOCUMENTARY FILM BY MICHÈLE HOZER & PETER RAYMONT

"I'm very much the anti-hero in real life, but I compensate madly in my dreams."
GLENN GOULD

"A must see film."
- John Anderson, VARIETY

"A stunning array of archival footage highlighted by personal anecdotes from close friends..."
- Steve Gow, METRO

"...Even those of us who don't know about Gould's work will appreciate this film."
- Steve McLean, MSN.ca

DIRECTORS MICHÈLE HOZER & PETER RAYMONT
PRODUCER PETER RAYMONT EDITOR MICHÈLE HOZER
PHOTOGRAPHY WALTER GORRETT SOUND BRUCE CAMERON
MUSIC PERFORMED BY GLENN GOULD

PRODUCED BY WHITE PINE PICTURES
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Haim funeral costs covered

A Toronto Jewish memorial chapel said yesterday that it would help defray the costs of Corey Haim's funeral in Toronto, while fellow actor Corey Feldman said another memorial will be held in Los Angeles.

An administrator with the Steeles Memorial Chapel said the actor's family will get assistance in its time of need.

"We're here to help the family and do whatever we can for them," Marla Stewart said yesterday of Haim's funeral costs.

"That's what we do, we're known for that."

Haim is expected to be laid to rest today in Toronto. Haim's mother requested it be a private

memorial.

In a statement, Feldman said he would love nothing more than to be at Haim's funeral but will stay away due to the family's "strong religious beliefs and need for privacy."

"Understanding the recent media attention and to be respectful of the family's wishes I have decided not to attend," he said.

"Instead I will remain in Los Angeles quietly mourning and planning his memorial."

As a sign of respect I am asking the media to honour our Corey Haim by making the same choice."

Feldman said the Los Angeles memorial will be held in April. "At

that time, the media will be invited to honour and celebrate the legacy he has left behind, along with friends, fans and the rest of the Hollywood community."

Born in Toronto in 1971, Haim died last Wednesday in Burbank, Calif., with an enlarged heart, pulmonary congestion and water in his lungs. He was 38. A cause of death has not been determined.

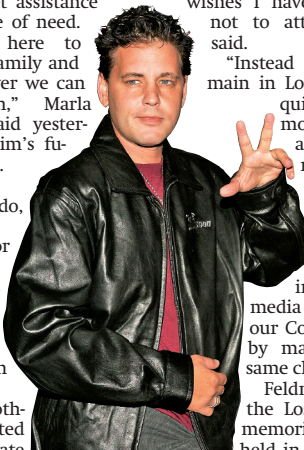
He rose to stardom in a string of '80s teen films including *Lucas* and *The Lost Boys*, but battled drug addiction later in life and filed for bankruptcy in 1997.

Feldman was quoted as saying his best friend was broke and at one point owed \$200,000 in taxes.

Stewart disputed reports that the City of Toronto would help with the funeral expenses.

"I don't know where the press got the notion that the city would be paying for his funeral, that's absolutely not true," she said.

THE CANADIAN PRESS



Hoffman takes director's chair

Dustin Hoffman is planning to step behind the camera to officially direct his first movie at the age of 72. The Oscar winner is reportedly in talks to take charge of new film Quartet. FEMALEFIRST.CO.UK



Fell in love with North

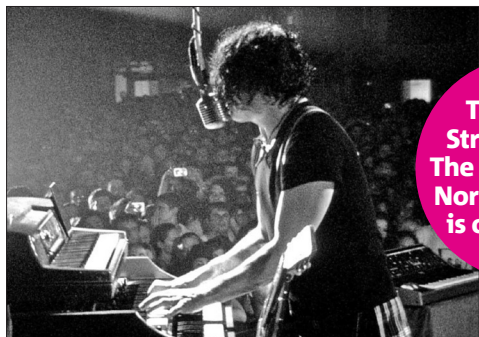
White Stripes film captures band's all-Canadian tour

PHIL BROWN
for Metro Canada

In 2007 the minimalist rock duo The White Stripes embarked on a special tour across Canada. Jack and Meg White vowed to play in every province and territory from P.E.I. to Iqaluit, creating spontaneous shows wherever they went.

This led to some pretty strange one-off gigs including a one-note show in St. John's and a bowling alley performance in Saskatoon. It was a bizarre tour that was filmed for the documentary *The White Stripes Under The Great White Northern Lights*, out on DVD today. Shot in a low-fi style that mimics the band's aesthetic, the film is a love letter to The White Stripes and Canada that should please fans and local audiences alike.

Surprisingly, this documentary was almost an af-



The White Stripes *Under The Great White Northern Lights*, out on DVD today, chronicles the band's 2007 tour of Canada during which they played in every province and territory.

terthought for front man Jack White, who was more interested in the experience of touring across Canada than he was in filming it.

"The tour itself came first and the documentary came second," White told Metro. "Meg and I wanted to explore this gigantic frontier right next to where we'd grown up in Detroit that

was so untouched by not just our band, but touring bands in general. After doing some research we couldn't even find a Canadian band that had toured every province and territory. Also, half of our family goes back to Nova Scotian roots for about three or four generations and we thought it would be a perfect place to have our 10th

anniversary show."

Though it wasn't the impetus for this specific project, White did admit that he'd always had a desire to make a tour documentary. "When you're on tour you tend to watch a lot of films about bands on the tour bus. I kept saying that this is definitely one of those movies that would be the first thing we would buy before we hit the road."

White feels proud about the project if only because it highlights some of the strange free one-off performances that he played for audiences completely unfamiliar with The White Stripes. "I live for those moments and the energy that comes from playing with an audience that has no interest in what Meg and I do," said White.

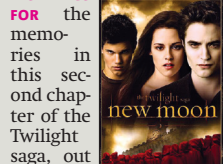
The White Stripes Under The Great White Northern Lights is out on DVD

DVD picks

The Twilight Saga: New Moon

Directors: **Chris Weitz**

IT'S FANGS FOR



The memories in this second chapter of the Twilight saga, out on DVD Saturday, as the love between human teen Bella (Kristen Stewart) and her vampire beau Edward (Robert Pattinson) becomes even more of the mind than the body.

There's no sophomore slump here, quelling fan fears that a switch of directors from Catherine Hardwicke to Chris Weitz might bite into the emotional continuity of this unorthodox romance.

Picking up where franchise starter *Twilight* ended, *New Moon's* main drama begins at Bella's 18th birthday party.

A seemingly innocuous accident provokes an un-

foreseen and potentially fatal response. His actions are the catalyst both for heartbreak and the deepening of desire.

Extras include a commentary by Weitz and editor Peter Lambert, a six-part documentary, rehearsal footage and music videos.

Broken Embraces

Directors: **Pedro Almodóvar**

THE POSTER IMAGE of an agitated Penélope Cruz dressed all in red unmistakably marks this as a Pedro Almodóvar movie, another adventure in primary colour and emotion with his favourite muse.

Andy Warhol's stylish disarray might have been a better reference point for this crazy quilt of a picture.

Almodóvar shifts time, identity, moods and films-within-films with dizzying abandon, never losing control but never quite pulling everything together, either.

Extras include deleted scenes and interviews.

Peter Howell/for Metro Canada

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- 1 Adam Lambert - Whataya Want From Me

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	7	7	7	ASN The Road to Avonlea	Jeopardy! (N)	Degrassi: TNG	TMZ (N)	Kids in Hall	Comedy Fest	CBC News: The National	The Hour	The Hour
	11	11	11	CBC Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Providence (HDTV) (SC)	Providence (HDTV) (SC)	Musee Eden (N) (SC)	Le Téléjournal	Le Téléjournal
	2	2	2	CBC-F Pyramide (SC)	Union-force	Virginie (SC)	La Lacture	NCIS "Jurisdiction" (N)	NCIS "Jurisdiction" (N)	NCIS: Los Angeles (N)	The Good Wife	The Good Wife
	32	32	32	CBS WBZ News (N)	Evening News	Wheel Fortune	Jeopardy! (N)	Rock et Rol	Caméra Café	La Promesse (HDTV) (N) (SC)	TV nouvelles	TV nouvelles
	69	69	69	CFTM TVA nouvelles	Le Cercle (SC)	La Fière de la danse (SC)		NCIS "Jurisdiction" (N)	NCIS "Jurisdiction" (N)	NCIS: Los Angeles (N)	News Final (N)	News Final (N)
	6	6	6	CHIF Entertainment	ET Canada	The Good Wife "Heart"		American Idol (HDTV) The 12 finalists compete. (Live)	American Idol (HDTV) The 12 finalists compete. (Live)	Community Matters	CTV News	CTV News
	9	9	9	CJCH Lost "Recon" (HDTV) (N)	Law & Order: Special Victims			Podium TV	Podium TV			
	10	10	10	ELTV (6) EastLink Television				American Idol (HDTV) The 12 finalists compete. (Live)	American Idol (HDTV) The 12 finalists compete. (Live)	Parenthood (N)	Parenthood (N)	Parenthood (N)
	36	36	36	FOX Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	The Biggest Loser (N)	The Biggest Loser (N)	CBC News: The National	Brain Fitness Frontiers (HDTV)	Brain Fitness Frontiers (HDTV)
	12	12	12	NBC News (N)	NBC News	Access H.	Extra (N)	Connect with Mark Kelley (N)	Connect with Mark Kelley (N)	Viewers' Favorites	Viewers' Favorites	Viewers' Favorites
	29	29	29	NW Power & Politics		The Lang & O'Leary Exchange		StartupNation: Open for Business	StartupNation: Open for Business	Flashpoint (SC)	L'Attaque à 5	L'Attaque à 5
	4	4	4	PBS-B PBS NewsHour (N)	Business Rpt.	Worldfocus		The Close	Market Call	Squeeze Play	Business News	Business News
	35	35	35	PBS-D Guerre clans	Atomes croch	Big Brother QC	Roxy (SC)	Campbell Brown (N)	Campbell Brown (N)	Larry King Live (N)	Cooper 360	Cooper 360
	68	68	68	TQS Business News	Headline	Market Call Tonight		John Daly	John Daly	John Daly	Haney Project	Haney Project
	23	23	23	BNN The Situation Room With Wolf	Blitzer (N)			John Daly	John Daly	John Daly	Sportsnet Con.	Sportsnet Con.
	54	54	54	GOLF Golf Central	Play Lessons	Learning	Inside PGA	College Basketball	College Basketball	Monster Jam (HDTV) (N)	Court Surfing	Court Surfing
	52	52	52	RSE Connected	Telephone for Rogers House	NHL Hockey Toronto	Maple Leafs at Ottawa Senators. (HDTV) (Live)	Race in 60 (HDTV)	Race in 60 (HDTV)		Danger-Drives	Danger-Drives
	55	55	55	SCOR After Wrestling	Covers Experts	Cabby Unlimit	Mar. Madness	Wizards-Place	Wizards-Place	Latest Buzz	Ned's School	Ned's School
	45	45	45	SPD Barrett-Jackson 2006	SportsCentre	That's Hockey!	World Poker Tour: Season 7	30 for 30 (HDTV)	30 for 30 (HDTV)	Franklin	American Dad	American Dad
	53	53	53	TSN Off the Record	Suite Life	Suite Life	Sonny Chance	Atlantis	Atlantis	King of the Hill	Family Biz	Family Biz
	43	43	43	FAM Wizards-Place	Johnny Test	Johnny Test	Ben 10: Alien Swarm (2009, Science Fiction)	Waybuloo	Waybuloo	Pawn Stars	House Hunters	House Hunters
	44	44	44	TOON Johnny Test	Johnny Test	Johnny Test	Backyardigans	Malcolm-Mid.	Malcolm-Mid.	What I Like	CSI: Miami	CSI: Miami
	26	26	26	TREE Wonder Pets	3rd and Bird	Backyardigans	Night Garden	Criminal Minds (HDTV)	Criminal Minds (HDTV)	disBAND	MuchMusic Countdown	MuchMusic Countdown
	27	27	27	TYT iCarly	To Be Indie	iCarly	Scorpion	Cashing In	Rabbit Fall	The Miagro Beanfield War *** (1988)	Michael Vick	Michael Vick
	16	16	16	A&E The First 48 (HDTV)		Criminal Minds (HDTV)		Boyz n the Hood *** (1991, Drama)	Boyz n the Hood *** (1991, Drama)	Larry Fishburne.	Natalie MacMaster & Friends Talents.	Natalie MacMaster & Friends Talents.
	70	70	70	APTN APTN National News (N)		Fish Out of	Mixed Blessing	Live at the Rehearsal Hall	Live at the Rehearsal Hall	According-Jim	According-Jim	Home Improve.
	50	50	50	BET 106 & Park: BET's Top 10 Live				Reba	Reba	The Simpsons	South Park	South Park
	37	37	37	BRVO Emily of New Moon		To Dublin With Love		Corner Gas	Corner Gas	Struggle for Justice	Killer, Door	Killer, Door
	25	25	25	CMT CMT Star	CMT Star	Amer. Funniest Home Videos		Video Justice	Video Justice	Destroyed	Swamp Log.	Swamp Log.
	49	49	49	COM Just for Laughs		Air Force	22 Minutes	How It's Made	How It's Made	Sarah's House	Genevieve	Genevieve
	153	153	153	153COURT Missing Link		Killer Next Door		Outdoor Room	Outdoor Room	Pawn Stars	Pawn Stars	Pawn Stars
	38	38	38	DISC Destroyed	Destroyed	Daily Planet (N)		Curb/Block	Curb/Block	disBAND	MuchMusic Countdown	MuchMusic Countdown
	46	46	46	HGTV Extreme Makeover: Home		House Hunters	Property Virgin	On Set	On Set	My Date With...	Ranked!	Ranked!
	34	34	34	HIST Ancient Behaving Badly		Ancient Discoveries		Ranked!	Ranked!	Ranked!	Ranked!	Ranked!
	17	17	17	MM Buffy the Vampire Slayer		Gossip Girl (HDTV) (N)		Ranked!	Ranked!	Ranked!	Ranked!	Ranked!
	19	19	19	MMM mmtop10.ca		The Daily Fix		Ranked!	Ranked!	Ranked!	Ranked!	Ranked!
	201	201	201	M1 (6:15) Flawless (2007)		(8:15) Easy Virtue ** (2008, Romance-Comedy)		Ranked!	Ranked!	Ranked!	Ranked!	Ranked!
	48	48	48	OLN Mantracker		Family Guy	Family Guy	Ranked!	Ranked!	Ranked!	Ranked!	Ranked!
	51	51	51	PIX Friends	Seinfeld	Family Guy	Family Guy	Ranked!	Ranked!	Ranked!	Ranked!	Ranked!
	206	206	206	PIX (6:15) Fast Company		The Song of Hiawatha *** (1996, Biography, Lifetime)		Ranked!	Ranked!	Ranked!	Ranked!	Ranked!
	67	67	67	RDI RDI monde	RDI économie	24 Hours on 60 minutes		Ranked!	Ranked!	Ranked!	Ranked!	Ranked!
	39	39	39	SHOW Trailer Park	Trailer Park	Rich Bride Poor Bride		Ranked!	Ranked!	Ranked!	Ranked!	Ranked!
	40	40	40	SLICE Whatever	Wedding SOS	Stargate Atlantis (DVS)		Ranked!	Ranked!	Ranked!	Ranked!	Ranked!
	47	47	47	SPACE Stargate SG-1		UFC Unleashed (HDTV)		Ranked!	Ranked!	Ranked!	Ranked!	Ranked!
	14	14	14	PIKE CSI: Crime Scene Invstgtn.		UFC Unleashed (HDTV)		Ranked!	Ranked!	Ranked!	Ranked!	Ranked!
	57	57	57	STAR etalk	TMZ (N)	Look-A-Like	TMZ	Ranked!	Ranked!	Ranked!	Ranked!	Ranked!
	21	21	21	TLC Say Yes-Dress	Say Yes-Dress	Ultimate Cake Off		Ranked!	Ranked!	Ranked!	Ranked!	Ranked!
	56	56	56	34 TROP End of Leash	Last 10	The Celebrity Apprentice	Each team must run a diner.	Ranked!	Ranked!	Ranked!	Ranked!	Ranked!
	20	20	20	TVS Que-champion	Journal de Fr2	Zoom animal		Ranked!	Ranked!	Ranked!	Ranked!	Ranked!
	28	28	28	V Just Cause		Murder, She Wrote		Ranked!	Ranked!	Ranked!	Ranked!	Ranked!
	60	60	60	97 VIVA Psychic Inv.	Ghostly Enc.	Cold Case		Ranked!	Ranked!	Ranked!	Ranked!	Ranked!
	22	22	22	W House-Sell	House-Sell	Supernanny		Ranked!	Ranked!	Ranked!	Ranked!	Ranked!
	251	251	251	WGN WGN Evening News		Two/Half Men	Family Guy	Ranked!	Ranked!	Ranked!	Ranked!	Ranked!

critics' corner

The Good Wife

In a case that plays out in an emergency courtroom set up in a hospital, Alicia and Will (Julianne Margulies, Josh Charles) battle tough-talking litigator Patti Nyholm (guest star Martha Plimpton) and a monolithic health insurance company that refuses to pay for urgent in-utero surgery. In her off hours, Alicia decides to give Peter (Chris Noth) a proper welcome home in the new episode "Heart." Christine Baranski also stars. 8 PM on CHIF



The Biggest Loser

One team earns a limo ride to a day of luxury and pampering by winning a food trivia challenge, while the other team stays behind and cleans the kitchen and the gym. Chef Curtis Stone helps judge a cook-off in which each team has 30 minutes to prepare an appetizer, entree and dessert using only 12 ingredients, with the winner getting a big advantage at the weigh-in. Alison Sweeney hosts; Bob Harper and Jillian Michaels are the trainers. 9 PM on NBC



It wasn't a love for butchered cover songs that led Ellen DeGeneres to the American Idol judges' panel. "I was like, 'Honey, that's it. Go get another job,'" Ellen's wife Portia de Rossi tells People with a laugh. "I'm that demanding." **METRO NEWS SERVICES**

Celebrity Buzz

Miley, mom both crushed on Liam

SOUNDS LIKE AN EPISODE OF HANNAH MONTANA Miley Cyrus fell for Australian actor Liam Hemsworth when they starred together in new movie The Last Song and the Hannah Montana star admits she initially didn't want to date the 19-year-old hunk because he is "too pretty," femalefirst.co.uk reports.

She said: "I don't know who had a bigger crush on him at the be-



ginning, my mom or me. I was like, 'No, maybe he's just too pretty. I don't want to be with someone who's better

looking than me. That's like awkward."

Hemsworth has also spoken about how the pair gradually became closer during shooting — on which Miley's mother Tish was the executive producer — because they were "each other's only friend." He said: "We spent a lot of time together. We're shooting together every day and together on weekends and we were kind of each other's only friends down there. We just got really close. We enjoyed being around each other."

METRO WORLD NEWS

Norton gets some Love

NOTE TO NORTON: YOU ESCAPED ONCE, DON'T REFRIND HER Courtney Love has been making nice with Edward Norton after admitting she was wrong to accuse him of losing \$300,000 US of her money on an investment, according to Rush and Molloy.

Love says Norton has also been "a force



of good" in reestablishing community

cation with her daughter, Frances Bean Cobain, who has a restraining order against her mother. "I feel very bad," Love says about criticizing Norton.

"I have the greatest respect for Edward. He could be the president of the United States. I could be his drug czar."

METRO WORLD NEWS

50 Cent bodyguard arrested

BUT TO BE FAIR, A PRECEDENT HAS BEEN SET HERE, LADY A security guard for 50 Cent has been arrested in Copenhagen for assaulting several paparazzi outside a hotel, according to Radar Online.

"A man has been charged with assaulting two photographers. We don't release the



name of the person involved, but it's my understanding he works for 50 Cent," a

hagen police official says. Nikolaj Vraa, one of the members of the press involved, tells the website that he feared for his life.

"One of 50 Cent's bodyguards came out and told us to leave," he says. "The next thing I knew, he grabs my throat and tried to strangle me."

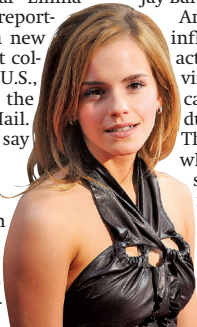
"He cut off my airway, and I couldn't breathe. He took my camera and deleted photos."

METRO WORLD NEWS

Emma has a Latin lover

I WONDER IF SHE WILL SOON BE LIVING LA VIDA LOCA? Harry Potter star Emma Watson has reportedly found a new man while at college in the U.S., according to the Daily Mail.

Classmates say Watson has been getting cozy with Spanish musician and fellow Brown University stu-



dent Rafael Cebrian since her split from boyfriend Jay Barrymore.

And Cebrian has even influenced Watson's acting choices, convincing her to join the cast of a student production of Chekhov's The Three Sisters, which has already sold out. "This is a new experience for Emma and she's a little nervous about her performance," a source says.

METRO WORLD NEWS

No sex, just pot brings cops

I'M SURE IT WAS PURELY FOR MEDICINAL PURPOSES A new unauthorized book about Angelina Jolie and Brad Pitt claims that a 2005 incident in which police in Kenya stormed the cou-



ple's hotel room wasn't brought on by their loud lovemaking, as previously reported.

Instead, the cops showed up because someone at the hotel smelled marijuana smoke, according to Life & Style magazine. Police reportedly searched the room without finding anything.

METRO WORLD NEWS

Luz part of Madonna's family

HE MAKES A GREAT BIG BROTHER Brazilian model Jesus Luz — who has been in a relationship with Madonna for around 15 months — feels like he has a complete family of his own since he started dating the 51-year-old star, who has four children.

Lourdes, 13,



Rocco, nine, Mercy, five, and four-year-old David.

The 23-year-old hunk told Brazil's RG Vogue magazine: "I consider myself a married man. I have a family. At my age, my father was also married. My mother gave birth to me when she was 15."

METRO NEWS SERVICES

Piers picking top UK stars

DOES HE MAKE HIMSELF NO. 1? America's Got Talent judge Piers Morgan is busy judging people in his home country as well, compiling a list of the 100 top celebrities in the U.K. for the Mail on Sunday. Making the top 10 are David Beck-



ham, Robert Pattinson, Paul McCartney and Kate Moss, but Morgan saves the top spot for his boss, reality TV tycoon Simon Cowell. Oscar-winning actress Helen Mirren comes in at 12, while James Bond star Daniel Craig is No. 18.

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

AXL ROSE finds showering electrifying. **KAT DENNINGS** finds new ways to amuse herself. **ADAM LAMBERT** is feeling out of place, and **LADY GAGA** is nothing if not practical.

@axlrose

So I'm in the shower at the gig after r Sao Paulo show n' when I touch the faucet I get a jolt of electricity!! Wtf!!

@OfficialKat

Sometimes I prod my face and try to imagine what my skull looks like

@adamlambert

Sometimes I

wish I could time travel to 1969.

@ladygaga

Once you

kill a cow,

you got-

ta make

a burger

METRO

NEWS

SERVICES

Conrad wears her own designs

AND SHE'S NOT JUST SAYING THAT TO GET YOU TO BUY HER CLOTHES When Lauren Conrad needs a wardrobe update, she looks no further than her own collection for Kohl's.

"I think if you're not willing to wear your own clothes, you're doing something wrong. This line was meant to be about my style and pieces I want to walk into a store and want to buy. If you're not wearing your own line, you're taking all the fun out of it," the former

reality star tells glam-our.com.

METRO
WORLD
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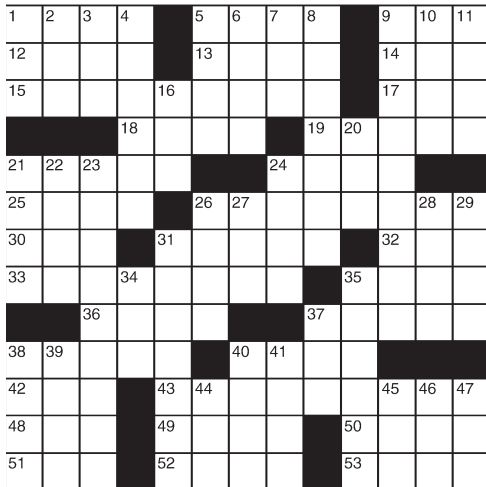
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Take Five



ACROSS

- 1 October birthstone
- 5 Loosen
- 9 Explosive, for short
- 12 Suitable
- 13 Appear
- 14 — de cologne
- 15 Nashville's home
- 17 Pen point
- 18 Pub missile
- 19 Punch bowl accessory
- 21 Pumpkin eater of rhyme
- 24 Plain and simple
- 25 Finished
- 26 Press agent?
- 30 Family
- 31 Centrifuge inserts
- 32 "— Got a Secret"
- 33 Style
- 35 Nicholas, for one
- 36 "— the Knife"
- 37 Meadow
- 38 Last Greek

- letter
- 40 Burn somewhat
- 42 Chignon
- 43 Octopus' arms
- 48 Superlative suffix
- 49 "— go brag!"
- 50 Slender
- 51 "Of course"
- 52 Facts
- 53 Whirlpool

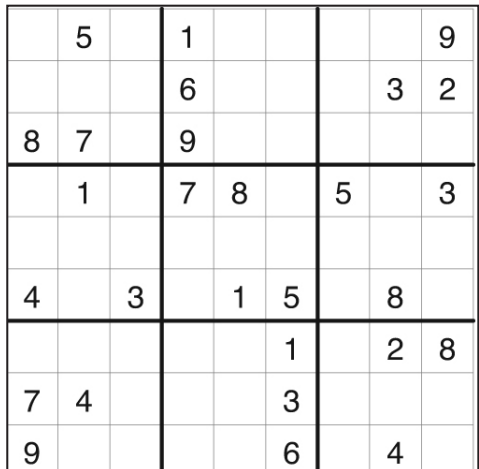
DOWN

- 1 Frequently
- 2 Chart format
- 3 Landers or Curry
- 4 Shylock, e.g.
- 5 Cold War initials
- 6 Bird's home
- 7 Sandra or Ruby
- 8 Brunch entrees
- 9 Treat meat?
- 10 Hammer's target
- 11 Toothpaste holder
- 16 Listener
- 20 Onassis, familiarly
- 21 Jab
- 22 Badder than bad
- 23 Some urban homes
- 24 Guy
- 26 Squealer
- 27 Fond du —, Wisconsin
- 28 Squished 35-Down
- 29 Dweeby sort
- 31 Stopped occupying
- 34 Joke
- 35 Ring, geometrically
- 37 Air safety org.
- 38 Do as I say
- 39 Ponder
- 40 Fit of peevishness
- 41 Sicilian spouter
- 44 Mound stat
- 45 Young bloke
- 46 Remnant
- 47 Firmament

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



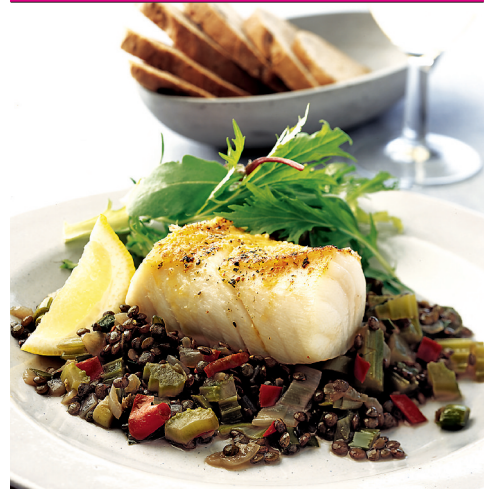
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

ENDS	AISH	QUAID	5	6	2	7	3	1	9	4	8
MAUNA	LOA	URSA	7	4	8	9	6	2	5	1	3
SEBEL	TUS	ADAR	1	3	9	4	5	8	2	6	7
AFT	ABRUPT										
PARKA	SPOT										
CLOY	SALAZAR										
TEL	SILAS	REF									
CLINTON	VEAL										
TURN	DIARY										
WASABI	BAS										
HULL	GEITHNER										
ETUI	HABANERA										
YOGA	TUB	UTAH									

On the web



Metro Recipe of the Day



Cod with Spicy Lentils

INGREDIENTS:

- 1 tbsp olive oil, divided
- 1 onion, chopped
- 2 celery stalks, chopped
- 2 leeks, chopped
- 1 red chili pepper, seeded and finely chopped
- 1 cup lentils, rinsed and drained
- 4 cups vegetable broth
- 1 sprig fresh thyme
- 1 bay leaf
- Juice of 1 lemon
- Pinch of cayenne pepper
- 4 skinless cod fillets or cod steaks
- Salt and pepper

METHOD:

1. Preheat broiler. Heat half of olive oil in pot, add onion, celery, leeks and chili pepper; cook 2 minutes. Stir in lentils. Add vegetable broth, thyme and bay leaf; bring to boil. Lower heat and simmer

until lentils are tender, 20 minutes. If lentils have not absorbed all broth, drain.

2. Meanwhile, mix remaining oil, lemon juice and cayenne pepper. Lay cod on broiler pan, skinned side up, season lightly and brush with oil mixture. Broil until fish will flake easily, 6 to 7 minutes. There is no need to turn fish over.

3. Spread lentils on warmed serving dish and arrange pieces of cod on top. Serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
If you are looking for ways to make your social life more exciting you will most likely find them in places you have rarely if ever been to before.

TAURUS
APRIL 21-MAY 21
Family and financial matters will go well today and if you've had problems in these areas in recent weeks you will find they are more manageable.

GEMINI
MAY 22-JUNE 21
Something will put a smile on your face today. Whatever it is will remind you that life is worth living. Share your joy with your friends.

CANCER
JUNE 22-JULY 22
Your problems are not as bad as you think they are. In fact, most people you know would happily trade places with you this very minute.

LEO
JULY 23-AUG 23
You may be on your best form at the moment but are you on your best behavior? Others may complain that you don't take life seriously enough.

VIRGO
AUG 24-SEPT 22
An offer that sounds too good to be true will set the alarm bells ringing in your brain today, but don't be too eager to dismiss it as a trick or a gimmick.

LIBRA
SEPT 23-OCT 23
Do your own thing, in your own way, at your own speed today and don't let anyone persuade you that you should be doing something else.

SCORPIO
OCT 24-NOV 22
Nothing in life is impossible. Some things may be more difficult than others but for Scorpio the sky really is the limit. Aim to do even better.

SAGITTARIUS
NOV 23-DEC 21
There is no telling how far you can travel or how much you can achieve if you put your mind to it over the next few days.

CAPRICORN
DEC 22-JAN 20
Get together with some fun characters today — the sort of people who are not afraid to take a few risks. You have been far too conservative of late.

AQUARIUS
JAN 21-FEB 18
Make the most of each and every opportunity that comes your way and don't fall into the trap of thinking that your happiness depends on other people.

PISCES
FEB 19-MARCH 20
Once in a while something happens that catches you unaware and what takes place today will certainly shake you up a bit.

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This day in history

37: Caligula becomes Roman Emperor after the death of his great uncle, Tiberius.

1935: Adolf Hitler orders Germany to rearm herself in violation of the Versailles Treaty.

1952: In Cilaos, Réunion, 1,870 millimetres (74 in) of rain falls in one day, setting a new world record.

1995: Mississippi formally ratifies the Thirteenth Amendment, becoming the last state to approve the abolition of slavery. The Thirteenth Amendment was officially ratified in 1865.

2005: Israel officially hands over Jericho to Palestinian control.

METRO NEWS SERVICES

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(including service charges): \$132

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Holiday Inn Sunspree • 3 ★
Standard rm.
Apr. 18 • 1 wk.

\$749

*Taxes & other fees
(including service charges): \$118

TURKS & CAICOS via Toronto

Ocean Club Resort • 3 1/2 ★
Studio suite
Mar. 27 & 28 • 1 wk.

\$1269

*Taxes & other fees
(including service charges): \$239

DOMINICAN REPUBLIC

Puerto Plata

Bahia Principe San Juan • 4 ★
All-Inclusive • Standard rm.
Apr. 21 • 1 wk.

\$669

*Taxes & other fees
(including service charges): \$295

Samana

Gran Bahia Principe
Cayacoa • 4 ★
All-Inclusive • Standard rm.
Apr. 29 • 1 wk.

\$729

*Taxes & other fees
(including service charges): \$295

CUBA

Cayo Coco / Cayo Guillermo

TRYP Cayo Coco • 4 ★
All-Inclusive • Standard rm.
Mar. 27 • 1 wk.

\$789

*Taxes & other fees
(including service charges): \$213

Holguin

Sirenis Playa Turquesa • 4 ★
All-Inclusive • Superior rm.
Apr. 30 • 1 wk.

\$879

*Taxes & other fees
(including service charges): \$213

ARUBA via Toronto

Occidental Grand Aruba • 4 1/2 ★
All-Inclusive • Deluxe rm.
Mar. 27 & 28 • 1 wk.

\$1929

*Taxes & other fees
(including service charges): \$242



\$1339

*Taxes & other fees
(including service charges): \$267

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Barkston Gardens • 3 ★
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